

Campaign to scrap traffic lights in polluted Boot Hill

A CAMPAIGN has been put into first gear to scrap traffic lights on Weymouth's Boot Hill.

Residents who live in the street, one of the most polluted in the borough, have long said that it's stop-start traffic going uphill which is causing the choking fumes which affect their homes and their health.

The latest campaign, to scrap the lights, comes from the borough's Tory group.

"While the building of the Western Relief Road (now re-christened the Jurassic Coast Highway) is many years off Conservative Borough Councillors believe the designed bottleneck at the top of Boot Hill should be removed as soon as possible and are organising a

by Trevor Bevens

campaign to scrap the lights," said Councillor Ian Bruce this week.

The senior councillor, who heads the borough council's management committee, claimed: "Traffic engineers say the system is working well and do not want to return the traffic lights to a mini roundabout that worked so well in the past freeing up traffic.

"What traffic Engineers are reluctant to tell people is that 'working well' means that the system is designed to put people off travelling to Portland via Boot Hill and wanting them to use Lanehouse Rocks Road and there is evidence that that has happened. How-

ever, in doing so the unintended consequences is that many motorists travel for even more miles creating pollution, those that don't take a detour cause more pollution queueing on Boot Hill and that the congestion on Lanehouse Rocks Road is even worse than it was before."

The announcement comes within days of changes to the road junction markings at the bottom of the hill, between Asda and the town's former fire station.

Many residents have taken to social media to complain that the new layout is even more confusing than it was before and are calling for the roundabouts to be returned – something which traffic engineers say they are not prepared

to countenance at the moment.

"We will be monitoring to make sure that the changes have improved traffic flow through the junction, particularly northbound down Boot Hill," said a spokesman.

A recent resident's public meeting heard complaints that an air pollution monitoring device at Boot Hill had been found to be inactive for nine months following a fault.

There was also concern that the machine should have been nearer the bottom of the hill to give a more accurate picture.

Green Party campaign organiser Caz Dennett, who chaired the meeting, said that the data from that machine is due to be released in the next few weeks.

Missing man found down cliff

A DOG walker called emergency services after hearing noises in scrubland on the cliff below the Look Out café at Bowleaze on Friday.

Local woman Lucy Ardagh dialled 999 which resulted in an hour-long exercise to extract missing Weymouth man Peter Davidson.

Fire and Rescue staff, using ropes and pulleys, rescued Mr Davidson

who was said to be "bruised and battered" with a waiting ambulance taking him to the County Hospital in Dorchester where he was checked over and treated.

Mr Davidson, 63, had been reported missing from his Weymouth family the previous day after he failed to return.

A spokeswoman for the hospital

■ TURN to page 3



■ HRH The Princess Royal visited Weymouth this week to officially open a new road safety training centre.

Pictured are children from Conifers Primary School, Weymouth, demonstrating safe road crossing to HRH The Princess Royal.

See page 9 for full story

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DOCTORS

Dorset Out of Hours GP Service	0845 600 10 13
Bridport Medical Centre	(01308) 421896
The Lyme Practice	(01297) 442195
Kent House Medical Practice	(01297) 443399
Elms Medical Centre	(01297) 561068

DENTISTS

Dorset Dental Helpline	(01202) 854443
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CHEMISTS

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Bridport Co-op Pharmacy (call to check late opening hours)(01308) 422100	
Bridport Boots (call to check late opening hours)	(01308) 422475
Lyme Regis Boots	(01297) 442026
Charmouth Pharmacy	(01297) 560261
Beaminstor Chemist	(01308) 862288
Weymouth Lloyds Pharmacy	(01305) 785484
Dorchester Victoria Park Pharmacy	(01305) 264012
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Weymouth College Sports Centre	(01305) 208713
Budmouth Community Sports Centre	(01305) 830508
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St Osmund's Sports Centre	(01305) 756472

LIBRARY SERVICE

Bridport Library	(01308) 422778
Burton Bradstock Library	(01308) 897563
Beaminstor Library	(01308) 862362
Lyme Regis Library	(01297) 443151
Charmouth Library	(01297) 560640
Dorchester Library	(01305) 224440
Weymouth Library	(01305) 762410
Portland Tophill Library	(01305) 820171
Portland Underhill Library	(01305) 820149

LOCAL COUNCILS

Dorset County Council	(01305) 221000
West Dorset District Council	(01308) 422248
Bridport Town Council	(01308) 456722
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Bridport CAB	(01308) 456594
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TAMSIN Chandler is behind the new Bridport Food Market, launching this Sunday at St Michael's Trading Estate.

She has worked in many industries including music, festivals and events, journalism and management before settling in West Dorset and focusing on local produce and producers.

● WHEN did you move to Dorset and why?

I MOVED down to Devon and then Dorset almost five years ago now, following an exhausting three year period working 9-10 hour days in London, on top of the dreaded daily peak hour commute and some other serious personal matters.

I was burned out and strung out from working and playing hard in big cities for many years. My mum's family hails from East Sussex and I started to remember how happy I had been, aged six and then 16, living in the English countryside.

I was a bit of a Twitter activist in London and one day I saw a tweet from Otter Farm in Devon advertising a job for a horticulturalist. Impulsively, despite having absolutely no experience with gardening or farming, I contacted them to see if I could apply. I received a kind and polite no!

That planted the seed, though – pardon the pun. Soon afterwards, I handed in my notice and put everything in storage.

Eventually, I volunteered at Trill Farm in Musbury for a few weeks and my time there had a profound effect on me. Everyone I met seemed to be telling me to move to Bridport and I thought, "why not?". I'm a strong advocate of "why not". I've been in Bridport ever since and I've come to love it.

● TELL us a bit about what you are currently working on?

BRIDPORT Food Market. It's a weekly food and farmers' market launching on Sunday, March 27th at St Michael's Trading Estate, operating every Sunday from 9am-3pm.

I've worked in the local food sector in many different ways since coming to Bridport – mainly helping out small food businesses wherever they needed some assistance.

This included manning stands at festivals and food shows, consulting on branding and marketing, building websites, networking and helping to promote them and increase sales. Also a lot of pep talks.

Founding Bridport Food Market is a dream come true for me, really. It pulls together so many of my interests, skills, friends and contacts.

I'm excited about what we can all create down at St Michael's. The great thing is Bridport Food Market coincides with the already popular Arts & Vintage Sunday once a month. It's going to be a great place to hang out on lazy Sundays.



● WHERE did you get the inspiration and idea for Bridport Food Market?

Due to my interest in – and connections within – the local food sector in the area, Communities Living Sustainably Dorset contracted me to set up FoodFuture Bridport and complete research into the sourcing

habits of local food businesses with a view to producing a report, a Local Food Map and corresponding supplier lists.

There seemed to be a consistent, but simple, disconnect in our local food system which was highlighted by my friend Ash Wheeler, the grower at Trill Farm and a representative of Landworkers' Alliance.

He said the biggest problem food growers and producers faced was getting their produce to the public. Conversely, I discovered, the public was keen to buy locally produced foods but didn't know where to find them.

I just put two and two together, spoke to lots of people, approached Hayward & Co (the landowners at St Michael's) and Daryl Chambers, the town surveyor. We all agreed it was a good idea and would be of great benefit to Bridport. So, almost eight months later, it's finally happening!

Markets, for me, are the best places to shop for food. The people who produce the foods are also selling them. They're passionate about what they do and they enjoy sharing their knowledge. The food is fresh and 'real' and, at a good market, reflects the culture of the surrounding area.

Markets are varied, vibrant and educational. They're also affordable. The foods grown in and around Bridport are plentiful and of amazing quality. You're buying veg that was grown up the road, picked that morning or the day before; you're buying meat from animals reared up the road and you know they've been reared ethically and sustainably; you're buying bread that was baked a few hours ago. You know the growers and farmers. You come to appreciate how hard they work and how lucky you are to have them.

At markets, you cut out the middleman and all the overhead costs – the money goes straight to the person who toiled to bring you the food. Add the pleasure of shopping at a great food market to the existing passion and support from producers and the community and I can't see why Bridport Food Market won't go from strength to strength.

■ For more information about Bridport Food Market, visit www.bridportfoodmarket.com

60 SECOND INTERVIEW

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Police appeal after man grabs young girl

DORSET Police have issued details of what may have been attempted child abduction in Weymouth.

A 10-year-old girl told a relative that she had run away from a man who grabbed her leg.

He had stopped her where she was cycling in Prospect Place to ask her to help him look for a puppy.

When the girl struggled free and ran away the man fled across nearby fields.

Police say the incident happened around 5pm on Sunday, March 13th.

Prospect Place is an unmade cul-de-sac close to Upwey's Royal Standard pub.

Police say the girl was left upset, but uninjured.

They say the offender is described as white, tall and with stubble around his mouth. He wore a white T-shirt

with a skull and crossbones design on it, a green army jacket, a black beanie hat, black fingerless gloves and grey trousers with red paint stains on them.

He also wore round glasses with blue sides and smart black shoes.

Police Constable Dale Collins, of Weymouth and Portland police, said: "We do not know what the man's intentions were but we are keen to trace to him and speak to him."

"I am appealing to anyone who was in the area of Prospect Place on Sunday afternoon and saw a man matching the description to please call me on 101."

"I know the footpath in Prospect Place and the nearby fields are popular with dog walkers. If you know who this man is, please call me urgently."

Witnesses and anyone with information should call Dorset Police in confidence on 101 quoting incident number 13:269. Alternatively, call the free and anonymous Crimestoppers line on 0800 555 111.

Campaigners fear quarry extension plans will be detrimental to coast

CAMPAIGNERS on Portland, opposing plans to extend stone quarrying, are to meet this Thursday, March 25th, to decide their next steps.

Plans to work areas of stone on the coastal strip are already the subject of a legal dispute between the county council and stone firms.

Residents say that if the extraction is allowed it will be detrimental to the Jurassic Coast and the lives of residents in and around Southwell.

A Trust has already been formed by residents to protect the area, with a meeting this Thursday at the Girt Hall between 6.30pm and 9pm to discuss what to do next.

Organiser of a previous public meeting, Penny Grigg, said

By Trevor Bevens

she hopes that the community can work together to ensure that the area is protected in perpetuity under a Trust.

Dorset county council modified permissions in 2009 to prevent quarrying in sensitive areas, which is being challenged by Stone Firms, with the case expected to be heard at the Lands Tribunal in June.

The company, which has rights to quarry on the coast and access to land north of Southwell, is claiming that the county council modification order will prevent them carrying out their lawful business to extract millions of tons of stone.

It is claiming £18million compensation from the county council.

The company say the rights to quarry the strip of land were granted originally in the 1950's.

Amongst the claims being made by protestors is that beach huts, many of which have stood since the 1930s, may either have to be cleared out of the way, or that they will end up surrounded by spoil from the quarrying operation.

The company says that it does not want to quarry near the huts and would rather start at the other end of the strip, but is unable to access it because of the change in permission by Dorset County Council.

Museum reopens with new exhibits

By Harry Walton

A POPULAR mural seen by hundreds of thousands of people is one of the new exhibits at Weymouth Museum for its 2016 season which starts today (March 23rd).

Among items on show will be the huge history mural including a D-Day landing scene from the back wall of the old main post office in St Thomas Street which will be complemented by a display of photographs from the museum's archive collection about shops and premises which used to surround the site.

This year the museum, at Brewers Quay off Hope Square, will be open for an extra day - Thursdays - every week, so people will now be able to visit Wednesday-Saturday from 10.30am-4.15pm.

A small band of dedicated volunteers has worked behind the scenes in the museum during the winter months, not just on re-decorating and preparing cabinets but also on new displays.

Museum spokesman Pauline Carter said:

"The theme for our new costume display is From Top to Toe, giving a peep inside our costume collection, and we have been busy examining and repacking all exhibits where necessary."

"All costumes have to be packed in acid-free tissue paper wrapping which only has a shelf life of five years, so we have had to use five entire rolls of new tissue just for that."

"David Riches and Richard Samways have put together another

new display about the history of Groves and Devenish breweries together with some wonderful items used in the brewing trade.

"Last year many of our local visitors asked for more information about the history of the brewers, so we hope they will now come back and look at the exhibition."

She added that among museum events this year will be a Roman Day when visitors can browse a number of mystery objects and a Collectors Day. Both events are in August.

There will also be a Local History Day held in September and a Hallowe'en Story Time

held in October.

Pauline said: "Our children's corner is now an open display of the heritage toys from Holy Trinity School and it just awaiting the arrival of a bright yellow teddy bear who is going to sit on the rocking horse. The red train also makes a very cheerful addition to the corner."

"We are all hoping that thousands of people will come to visit us during the 2016 season, particularly members of the local community who will be able to see scores of objects we have now been able to bring out which previously had to be left in store."



■ PREPARING the costume display

Man found down cliff

FROM page 1

said that he was "safe and well" after being checked over by hospital staff.

A spokeswoman for Dorset Fire and Rescue said: "We got a call at 6.23pm.

"They had one casualty, who was rescued approximately 30 metres down a cliff."

"The casualty was rescued and handed over to ambulance crews."

Police officers had

earlier said that they were "very concerned" about Peter, who had been last seen on Thursday evening.

Searches for him had been carried out involving the police, coastguard and RNLI.

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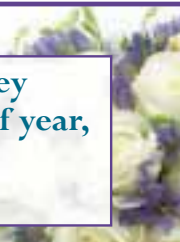

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Extra summer train service a 'great idea'

By Trevor Bevins

EXTRA tourists could be making their way to Dorchester and Weymouth from May after plans were revealed to run trains through North Dorset and Salisbury in a new direct route.

South West Trains say it wants to make better use of the two Yeovil stations, one of which is on the Weymouth-Bristol line, with the other on the Waterloo-Exeter line.

Subject to agreement from the regulator new direct services on summer Saturdays could run to Weymouth and Dorchester from Sherborne, Gillingham and Salisbury.

could start this May subject to consultation and regulatory approval.

Under the proposed changes South West Trains will also serve Maiden Newton, Thornford, Yetminster and Chetnole on summer Saturdays.

Richard Drax, MP for South Dorset, welcomed the proposals by South West Trains.

The "seaside specials" could run from May 21st to September 3rd. It is envisaged that they would arrive in Wey-

mouth at approximately 11.15 and leave again around 5pm, giving visitors and families time at the beach.

"This is a great idea," said Mr Drax. "Weymouth is a wonderful destination for day trippers and those who want to stay longer. We

have clear waters, golden beaches and some great shops and restaurants. This will boost our tourism and local businesses and once these visitors see what Weymouth has to offer, I'm sure they'll be back."

"We have long cam-

paigned for better rail connectivity for Weymouth. It is at the end of the Waterloo line and only two trains an hour arrive from London after a three-hour journey. Opening up routes to North Dorset and East Devon and beyond will serve us well now and with any luck, might show a way forward for the future."



■ WEST Dorset District Council have been flying the flag for the Commonwealth at a special event to mark World Commonwealth Day.


The district council joined other councils from across Dorset, as well as communities across 38 Commonwealth countries, to raise the flag. WDDC Chairman, Councillor Peter Shorland, hosted the ceremony at South Walks House.



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CRIME news in brief ...

■ **THIEVES** have stripped lead from two roofs at the YMCA building at Reforne on Portland.

Dorset Police are now appealing for witnesses and anyone with information to come forward.

The incident happened between 10pm on Sunday, March 13th and 10am on Monday 14th at the YMCA Portland Red Triangle Club.

Lead was taken from the first floor of the building and from a flat roof on the second floor. Before they left a plastic tube was used to jam the fire exit door to prevent residents from leaving.

Police Constable Mike Holman, of Weymouth and Portland police, said: "I believe the offenders would have been at the scene for a period of time and I am appealing to anyone who saw or heard anything suspicious in the area to please call me on 101.

Crime number 55160043292 refers.

■ **BETWEEN** 5.50pm and 6pm on Friday, March 18th unknown offenders broke into a property on upper Dorchester Road, Weymouth, causing criminal damage to windows and a basement door. Crime number refers 55160045653.

■ **BETWEEN** 6pm on Thursday, March 17th and 7am on Friday, March 18th unknown offenders stole a waist high wooden gate from Church Street, Weymouth. Crime number refers 55160045234.

■ **BETWEEN** 1pm on Thursday, March 10th and 5pm on Friday, March 11th unknown offenders stole a taxi meter from a blue Ford Mondeo parked on lower Newstead Road, Weymouth. Crime number refers 55160042525.

Witnesses and anyone with information relating to these crimes should call Dorset Police in confidence on 101 or phone Crimestoppers on 0800 555 111.

ViewLetters

Email your views to: james.coles@pemedial.co.uk

**WRITE TO: Letters page,
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Dog owners beware of glass on beach

■ **I REPLY** to story in Wednesday's issue 16th March "Beach gets a spring clean".

On Thursday we had visitors and decided to take our two and our friend's dog for a walk along the beach being such a nice sunny day, though a bit on the windy side.

We started our stroll along the beach from opposite the

Gloucester Hotel and I am sorry to say that we had not gone far before I spotted a shard of glass. Almost instantly my friend spotted another and by the time we had made it to the donkey area, walking along the centre area of the beach, we had collected two good handfuls, so we left the beach in fear of our dogs being injured. The glass I would imag-

ine came from below the surface of the beach at the low water mark where the machinery was recovering the sand last week only to be spread across the beach. So anyone using the beach please be aware.

**Terry Wright
Chickerell**

Thank you for maritime literary festival

■ **MAY** I please through your newsprint thank the organisers, sponsors, speakers and locations of your Weymouth Leviathan for an excellent weekend.

And thanks too to the welcom-

ing sunshine, what a lovely place to be.

I have never been to a Maritime Literary Festival before (actually this may be the first). There were great Dorset and Na-

tional speakers on a really wide range of interesting subjects.

The locations were fabulous - the Royal Dorset Yacht Club, the Ship Inn, the Old Rooms Inn, and even the Holy Trinity Church (sorry, I did not attend the service but I did enjoy a bit of Moby Dick being read there).

I will be back next year to listen to and speak with some excellent authors and chat to fellow interested folks and even buy a book or two if I can sneak them back into my house.

Thank you and well done.

**Nigel Pearce
By email**

Rowing club plans go on show

PLANS for a new Weymouth Rowing Club base on the harbourside will be on show to the public over the Easter weekend.

The club hope to put up a new clubhouse on the site of the existing building toward the Stone Pier.

Architect's drawings of the

proposals will be on show at the clubhouse from this Friday, March 25th, through until Sunday, 10am to 2pm each day, with club members on hand to explain what is being proposed.

Refreshments will be available.

More than 100 entries in Portland art exhibition

■ **ARTISTS** galore were on show when Portland's Royal Manor Workshops held an exhibition.

The event at Easton Methodist Church attracted more than 100 exhibits from landscapes and seascapes to modern art and animal portraits.

Organiser Vi Winter (pictured) said: "We had about the same number of exhibits as we did when we held the event last year, so numbers are holding steady.

"What we have noticed is an increase in more modern and contemporary art while pastel animal works seem to be the coming thing at the moment.

"All money raised from the exhibition will go to Royal Manor Workshops and our general fund.

"We hope to hold this event again next year, again at Easton Methodist Church."

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**Day 2: Thursday 31st March at 10.30
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Woodworking equip.: spindle moulders, planers both surface & thick-nessers, dust extraction, saw-benches, panel saws, routers, compressors, pillar drills, paslode guns, chop saws, lots of power tools.

Garage equip.: U-200 Tyre changer & U-820 Wheel balancer, Snap On Tool Chest & tools. Still R70-30 3 ton Diesel forklift..

Plant: Komatsu PW30 Wheeled digger '92 . Tow-a-van box trailer. Ifor Williams Double Horse box, 3.5t Trailer, Tractor 6' rotavator & 6' topper, 2 Club Car Villager 8 seater golf type buggies (petrol auto). Renault Megane Scenic 2.0 16v '02 75'k.

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Councils meet to consider 'new

MEMBERS from across the three councils have met in Dorchester to discuss the future of local government, as agreed within the councils' annual budget process.

Higher than expected government funding cuts have led to senior council officers and councillors exploring further ways to provide transformed and sustainable services. A stable budget has been created for 2016/17, but the budget position for each council in the subsequent three years remains "challenging".

Sixty-one councillors attended the session facilitated by Dorset Councils Partnership at South

THERE'S been talk for years that Dorset would end up being controlled by one unitary authority. With local councils under increasing pressure to maintain the level of services due to a reduction in Government funding, serious discussions have taken place among the Dorset coun-

cils. In the biggest shake-up since local government was reorganised in 1974, a new approach to running Dorset is now very much on the cards with the opportunity for the public to have their say this summer before the preferred option is submitted to Whitehall.

Walks House, the home of West Dorset District Council, on March 12th and discussed options for the most cost-effective public service model for Dorset and its communities.

Councillors informally indicated their support to change to a model of two unitary councils, however, this was not a binding vote.

Their preferences included:

- One unitary council for the current county council area and one for Bournemouth and Poole.

- Or one unitary council for the area East Dorset, North Dorset, Purbeck, West Dorset and Weymouth and Portland, and one for Bournemouth, Poole and Christchurch

Members rejected the options for a single pan-Dorset unitary authority for Bournemouth, Dorset and Poole, and of making no change to the current structure, echoing the opinions of colleagues at Dorset County Council.

“ Council services are already stretched and will become increasingly so over the next few years. By holding these discussions, we can explore all options to maximize efficiency and effectiveness in delivering services while meeting current and future financial challenges

In a joint statement, Cllr Deborah Croney, Leader of North Dorset District Council, Cllr Anthony Alford, Leader of West Dorset District Council, and

Cllr Ian Bruce, Chairman of Management Committee at Weymouth & Portland Borough Council, agreed that a new approach must be found:

“It is right that we work closer together and explore opportunities to reduce costs and transform services.

“While the budget is balanced for 2016/17, funding forecasts for the subsequent three years means we have to prepare for even greater change in the future. We agree that a step change is needed in the way we work to deliver the best possible results for local people.

“Our councils have already joined up staffing and services, and made significant savings. We are now looking at a number of possibilities to streamline services, make further savings and increase income, in our pursuit to reduce costs by £11 million by 2020.

“Council services are already stretched and will



■ WEST Dorset District Council leader Anthony Alford: “The coming months and years will be challenging.”

become increasingly so over the next few years. By holding these discussions, we can explore all options to maximize efficiency and effectiveness in delivering services, while meeting current and future financial challenges.

“The coming months and years will be challenging, but we will be consulting with local people to make sure everyone has a chance to be involved. We have a shared responsibility to make savings and deliver efficient services.”

All councils across Dorset have pledged to work together to agree on their preferred option before the business case is submitted to the Secretary of State at the beginning of next year. Local people will get the chance to have their say in a public consultation – likely to be held during the summer.

‘Brave and innovative’ approach to services

■ The Dorset Councils Partnership is the UK's first partnership to bring staffing and services from across three councils together, which has been recognised as 'leading edge' by the Local Government Association and praised for its 'brave and innovative' approach to transforming services for customers and communities. The Dorset Councils Partnership sees a single workforce serve all three councils. Each council remains independent and equal, with its own councillors who make local decisions about services. Each council sets its own budget, council tax and maintains its separate identity, brand and sovereignty.

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approach to running Dorset'

THE move towards a unitary authority system in Dorset is being led by the county council which has already decided which way they want to go.

As reported in last week's *View from*, Dorset County Council have debated six options for reducing the number of authorities in the county.

A clear majority of councillors voted to change to a model of two unitary councils, made up of either one unitary council for the current county council area and one for Bournemouth and Poole, or one for the area of East Dorset, North Dorset, Purbeck, West Dorset, Weymouth and Portland and one for Bournemouth, Poole and Christchurch.

CLlr Robert Gould, former leader of West Dorset District Council and now leader of Dorset County Council, is leading the call for change.

He said: "We had a thorough debate in which nearly all county councillors had their say."

"It was encouraging to see agreement that we need to change and do things better for the people of Dorset."

"We now have a clear consensus around having one new council serving the whole 'shire' Dorset area, with an enhanced role for town and parish councils to deliver local services and strengthen their identity."

■ A new unitary system will see the demise of other local councils, including West Dorset District and Weymouth and Portland Borough, as early as 2019. The move could also see greater responsibilities being devolved to town and parish councils.

"This would simplify the structure of local government for residents, save money and help our case for a really ambitious devolution deal for Dorset."

"We will continue to work with the other Dorset councils to develop a solution for the whole county."

Great opportunity

"A key part of this will be consulting with local people to make sure everyone has a chance to be involved."

"This is a great opportunity for the whole of Dorset to create something that supports the future needs and ambitions of the county."

The vote is not a binding decision for the council. The council voted unanimously to do more work on the preferred options and a report will be brought to its meeting with a view to developing a full business case.

Before the council makes any decisions, it will give local people the chance to have their say in a public consultation, which is likely to be held in the summer.

As the move towards a unitary system gathers pace, there is a growing acceptance that time is up for the county's other main councils – West Dorset District, Weymouth and Portland Borough, Purbeck District, East Dorset District, North Dorset District and Christchurch Borough.

Weymouth and Portland Labour leader and eco-

economic spokesman Councillor Mike Byatt said that the current financial crisis facing local councils meant changes would have to be made which would mark the end of the borough council in Weymouth and Portland.

He added: "Radical changes to local government in Dorset will mean the borough council will become part of a bigger council."

"By 2019 we could be in a new council for Dorset, so councillors will have to make proposals and get government backing by early 2017."

Reaction from leading councillors



REBECCA KNOX
Beaminster County councillor: "Hearing and engaging with residents is now a priority as there is a great deal to do in a short amount of time and everyone's input is needed. This is an opportunity to grasp to improve delivery of public services to all areas of the county."



ROS KAYES, Bridport County councillor: "Reorganisation is well overdue in Dorset. It makes no sense having one council doing planning and housing and another doing roads, schools and care for the elderly. Add to that double the amount of councillors needed and councillors' allowances being paid."



DARYL TURNER, Lyme Regis County councillor: "I want to see us pushing ahead on our terms as soon as possible with the financial climate dedicating this approach. I hope we can work towards what is best for the communities of Dorset, even if a reduction of councillors is part of that result."



GEORGE SYMONDS, Lyme Regis District councillor: "It's one of those things that may happen, there's a great deal of talk about it. Do the general public worry about who provides their services? Probably not. Will it save money? Will it make things better? I'm sure we will here lots more on this."



CHRIS TURNER, Chairman of Beaminster Town Council: "It could mean that towns have a greater degree of authority over services that we provide. There will have to be consultations and that will take a chunk out of the time frame available and if they want to start the process in February, they will need to present a case in January next year."



SARAH WILLIAMS, Leader of Bridport Town Council: "The experience from other counties where unitary councils have been established – Wiltshire and Cornwall, for example – is that local parish and town councils could have to consider taking on more services. It is important that the views of the local communities are fully considered."



OWEN LOVELL, Mayor of Lyme Regis: "This should have happened 15 years ago. As far as I understand, a unitary authority will result in a lot of things they took away during the local government reorganisation in the 1970s being returned to the town, such as the car parks and toilets. In Lyme Regis we want control of our own destiny, we don't want it in Dorchester."

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What's your view?
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Berth extension will give economy a boost

PORTLAND Port is to press ahead with plans for the extension of the port's primary cruise berth, with works scheduled to start this spring.

Portland is one of just three ports on the south coast of the UK that can already handle vessels up to 300m long at a quayside berth.

The new facility, which will be finished in time for the 2017 season will further strengthen the ports position by

By Trevor Bevins

increasing this capability to berth vessels in excess of 340m.

Ian McQuade, General Manager – Commercial, at Portland Port said: "We are lucky to have minimum water depths of 9.6m on our main cruise berth, now with the berth extension we will be able handle ships in excess of

340m, putting us in a very unique group of ports along the English Channel. When we add this to our proximity to the UNESCO World Heritage sites of Stonehenge, Bath and the Jurassic Coast, along with easy access to the many attractions of the beautiful English countryside, we feel we will be very well positioned to continue to serve an ever increasing range of cruise line customers."

Weymouth & Portland Chamber of Commerce is pleased that the board of Portland Port, a Chamber member, has approved the extension of berthing facilities.

Michelle Hind, President of the Chamber, said: "This is fantastic news for the local economy, bringing new opportunities for employment and training."

"Portland Port is one of the area's success stories, growing its cruise ship business year on year to bring thousands of people into the local area."

"Many of the visitors take the opportunity to explore Weymouth and Portland or travel further afield, bringing commercial benefits to a wide variety of businesses."

"It's great to see Portland taking advantage of its position near to main cruise routes and becoming a favourite destination in its own right."

The work will mean a drop in passenger numbers for the port this year, although the port is to host two flagships from key players in the cruise industry visiting the port for the first during 2016.

The 'Koningsdam' and 'Mein Schiff 5' from

Holland America Lines and the TUI Group respectively are both just shy of 300m long and together are expected to bring approximately 5,000 passengers into Portland during the season.

2016 will also see the Saga Sapphire visiting the port for the first time, with regular customers Holland America, Costa and Phoenix Reisen returning to Portland for another year.

"Cruise visits are down across a number of UK ports in for a variety of reasons. That said, 2017 is shaping up to be a good year with passenger numbers back to, and indeed, exceeding previous levels. We are continuing to work very hard at securing a promising future for Portland as a cruise destination."

said Mr McQuade. "The cruise berth extension and the forthcoming arrival of cruise line flagships in 2016 is a good indicator for the future of Portland Port and its cruise programme. As the cruise ships sailing the world continue to grow in size the new cruise berth will allow Portland to accommodate some of the biggest cruise ships in operation."

Volunteers tackle litter bugs



■ VOLUNTEER Paul Boothman with some of the litter he collected in Chickerell during a spring clean

VOLUNTEERS litter pickers at Chickerell collected 12 bags of discarded rubbish between them – more than in previous years.

The team of five volunteers carried out the annual spring clean throughout the parish, including play areas and by the roadsides.

"We carry out regular litter picks, so Chickerell is probably better than many areas locally, but there has been a lot of litter in the ditches and hedges this year, blown by the wind," said Community Litter Team chairman Brian Bean.

"We are also finding a lot of litter, in the way of packing, coming from local businesses when they have deliveries, so we are asking them to be a bit more careful."

Amongst the volunteers was local resident Paul Boothman who collected a couple of bags of rubbish from the sports field off Putton Lane.

"I'm just a local resident who doesn't like litter. I will often pick it up if I see it...it's a shame more people don't do the same, or better still, not chuck it down in the first place," he said.

Nominate community groups for Rotary award

PORTLAND Rotarians are inviting applications for their community awards.

The community group is looking for nominations to reward those who "go the extra mile" to help others.

Nominations can be sent to Rotarian Pat Shepherd, c/o Hull Gregson & Hull, 12, Easton Street, Portland or by

e-mail to pkshep99@aol.com.

They must be received by May 16th.

At one of the club's recent meetings, at the Aqua Hotel, members heard from a Rotarian doctor talking about his trip to Ethiopia where he looked at two, linked, projects being sponsored by The

Rotary Foundation.

These involved the problems of maternal and child mortality and the complications that can ensue.

Portland Rotary's next Table Top Sale will be held at the Community 200 Hall on Saturday, April 16th which will beneficiary will be the Drop-in Centre.

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HRH Princess Royal opens road safety village

HRH The Princess Royal visited Weymouth this week to open the UK's first life-size outdoor road safety village.

The new Roadwise scheme has been launched by SafeWise, a safety education charity which operates safety centres in Weymouth and Bournemouth.

HRH Princess Anne was welcomed by HM Lord-Lieutenant, and SafeWise Patron, Angus Campbell.

Also in attendance were a number of civic dignitaries including the High Sheriff of Dorset and SafeWise Patron, Jennifer Coombs; Mayor of Weymouth and Portland, Councillor Christine James; Chief Executive of West Dorset and Weymouth & Portland councils, Matt Prosser; Police and Crime Commissioner and SafeWise trustee, Martyn Underhill; Chief Constable, Debbie Simp-

son; Chairman of Dorset Fire Authority, Councillor Rebecca Knox; Chief Fire Officer and SafeWise trustee, Darran Gunter; and Chairman of SafeWise, Geoff Warde. The Princess Royal then took a tour of the new facilities with SafeWise Chief Executive Alison Shelton and centre manager Vikki Thomas. She met with local school children from Conifers Primary School who demonstrated pedestrian

and driving skills. She also spoke with members of Dorset Fire and Rescue Service Red Watch, trustees, sponsors, volunteers, staff and builders who have all contributed to the development of this unique facility.

The Princess Royal then made a short speech before unveiling a commemorative stone to mark the opening of the RoadWise scheme. After signing the visitors book she was presented with a posy by Lewis Gunn aged 11 years.

Alison Shelton BEM, Chief Executive of SafeWise said: "We are delighted that HRH The Princess Royal has officially opened RoadWise on her busy day in the county. After several years in the making, the vision of an outdoor road safety centre at SafeWise in Weymouth has finally become a reality."

RoadWise brings full-scale interactive road safety education to life in a safe, controlled and memorable environment. RoadWise's 3,000 square metre road circuit contains working pedestrian and zebra crossings,

a mini roundabout, one-way streets, T-junctions, a yellow box junction and battery operated mini cars that will help children to better understand the risks and consequences of being both a pedestrian and a driver on the roads.

In helping to get the RoadWise scheme off the ground, the charity received a lot of help from the community to which they are very grateful. Their thanks goes to Dorset Fire Authority, Dorset Fire & Rescue Service, Dorset Police & Crime Commissioner, Dorset Police, Dorset County Council, Siemens, SSE Contracting, Network Rail and a whole host of other supportive organisations including Morgan Sindall, Synergy Housing, Bournemouth White Lining, South Western Scaffolding, Swift Signs, Kingston Maurward College and Sherborne Turf.

Darran Gunter, Dorset Fire and Rescue Service Chief Fire Officer and SafeWise trustee said: "Dorset Fire and Rescue Service is a key supporter of SafeWise and



■ CHILDREN from Conifers Primary School, Weymouth, Vikki Thomas - SafeWise Centre Manager, Alison Shelton BEM - Chief Executive SafeWise and HRH The Princess Royal

of course committed to the continued development of our fantastic community and education facilities at SafeWise in Weymouth.

"The new RoadWise facility complements our existing learning experiences and provides a key part of our multi-agency road safety education strategy. We are committed to work with our partners to reduce the number of collisions on our roads and believe this innovative centre

provides a valuable resource in educating and saving lives."

Mayor of Weymouth & Portland, Cllr Christine James said: "Exciting times are ahead as at last road safety is driven into the 21st century. As a driving instructor and the Mayor I'm very excited about centre as well as keen to make sure that road safety becomes part of the everyday learning of our children."

The centre includes a

blue light training area with facilities for the centre's emergency service partners. Fire crews, paramedics and police can simulate real life scenarios such as rescuing people from cars and rescues from underground chambers.

In the next phase, it is hoped that a railway line with a mock platform and a level crossing, also enabling rescues from heights, will enhance and complement the learning opportunities.

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Easter services at St Paul's

A NUMBER of events will be taking place at St Paul's Church, Abbotsbury Road, Weymouth, to celebrate Easter.

A Blessing of Palms and Procession took place on Palm Sunday (March 20th) which was followed by a Eucharist service in church.

Celebrations will continue on Maundy Thursday (tomorrow, March 24th) at 7.30pm with Mass of the Lord's Supper and on Good Friday (March 25th) at there will be children's activities and hot cross buns at 10.30am, followed by a service at 2pm.

There will be an Easter bonfire, vigil and First Mass of Easter on Easter Sunday (March 27th) at 7am, followed by the Parish Eucharist at 10.30am.

Paul Daniels tributes

TRIBUTES have been paid locally to magician Paul Daniels who died last week from a brain tumour.

Gary Hepburn of Weymouth based charity Life Education Wessex, of which Paul was a supporter, said: "Very sad to hear the magician Paul Daniels has died ... We are all saddened to hear the news and send our condolences and thoughts to Debbie and the family."

Meanwhile, Weymouth based BBC staffer Laurence Herdman recalled: "RIP Paul Daniels - bizarrely he used to visit Bindells Close in Chickerell where his son Martin lived for a short period in the Nineties - quite inconspicuously in a big gleaming Rolls Royce with personalised plate M4G1C."

Street fayre set for June

THIS year's Sutton Poyntz street fayre will be held on Sunday, June 26th.

The biennial fayre has been held since 1994 and, over the years, has raised more than £100,000 for local charities.

Events include live music, crafts, cream teas, a range of stalls and games, with many of the stallholders and residents dressing in Victorian costume for the event.

Visit www.suttonpoyntz.org.uk for more details.

High standards at flower show despite poor season

HEAVY winter rain hit entries for Weymouth, Broadwey, Upwey and District Horticultural Society's Spring Show.

The event at Broadwey Memorial Hall attracted 167 entries, down more than a quarter on 2015.

Deputy show secretary Ros Gant said: "Bulbs and daffodils did particularly well despite the drop in entries."

"Floral decorations and cookery also did well and we hope the resilience of exhibitors encourages more people to enter next year."

Society chairman Adrian Bates said: "The displays we had this year were a tribute to gardeners' ability to maintain high standards in difficult conditions."

"My favourite, I have to admit, was the hyacinths which looked absolutely lovely."

Ros added that the Society's next big event would be its Summer Show in August.

She said: "We are also looking forward to our big plant sale here at the hall on Saturday, May 14th, at 2pm when we will have hundreds and hundreds of plants on sale just in time for people to get them into their borders and baskets to create a good summer show."

RESULTS: Junior Cup, Highest Points Children's Classes: Lizzy Gant, George Gant; Downer Cup, Best Photographic Print: Gina Marshall; Nottingham Cup,

Best Exhibit, Handicrafts, excluding Class 77: Alison White; Littlemead Cup, highest points Preserves and Cookery, excluding Class 68: Chris Warner; Ridgeway Cup, highest points, Propagation: Bill Howarth; Shield, highest points, Novice Section: Anna Banks; Best Exhibit, Floral Art: Ruth Howarth; Grandshaw Cup, highest points, Pot Plants: Bill Howarth; Golds Candelabra, Best Exhibit, Pot Plants, excluding bulbs: Bill Howarth; Golds Shield, Best Exhibit, Bulbs in Pots: Bill Howarth; Ladies' Spring Cup, highest points, Sections 1 to 6: Pat Honess; Anna Banks Spring Show Cup, runner up to Highest Points, Sections 1 to 6: Shaun Vallard; Benson Cup, highest points, Sections 1 to 6: Bill Howarth; Shield, Best Exhibit, Class 23: Bill Howarth; Silver Trophy, Best Exhibit, Other Cut Flowers, excluding Class 23: Bill Howarth; Two Diploma Awards Daffodil Classes: Ray Hayward, Eric Pickard; Best Bloom in Daffodils:



■ ROS Gant by some lovely show blooms

Ray Hayward; Medal for Best Vase in Show: Ray Hayward; Broadwey and Upwey Daffodil Championship Salver: Ray Hayward.

Easter fun with Dorset Wildlife Trust

DORSET Wildlife Trust has a series of events to get kids outside over Easter, having fun with nature.

On the outskirts of Weymouth the Lorton Meadows Conservation Centre will be open from Friday 25th to Monday, March 28th the

'Eggsplorer Trail' will guide children around the reserve to hunt for clues to identify bird eggs.

There will also be Easter crafts at the centre all weekend. Entry is £2 per child and the trail is open from 10.30am to 4pm.

The nearby Chesil Beach Centre is running its 'Seashore Scavengers' event on Wednesday, March 30th.

You can take a walk along Chesil Beach and hunt for rare pink sea fans, shark eggcases and other treasures blown in from the Atlantic.

To take part, meet at the Chesil Centre from 11am to 12.30pm. Entry is £2 per person.

DWT Communications Officer, Sally Welbourn, said: "Our wildlife events are perfect if you already have a wild child, or if you want to do some-

thing different to keep your children entertained this Easter.

"This is a great time of year as spring is in the air and wildlife is starting to wake up. Soon our meadows will be bursting with the first flowers and the first birds singing."

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■ MENTOR Mark Vaughan, Katie Platt and Casterbridge Rotary member Diana Apps

Katie is through to young chef finals

A YOUNG chef from Dorchester has won a Rotary Club regional competition.

Thomas Hardy School pupil Katie Platt's, first won the local heat of the Rotary Young Chef of the Year competition at the Hix Academy, Weymouth.

She then went forward to compete at the regional final at South Devon College in Paignton, which she won - the judges saying that they were unanimous in their decision as Katie was a clear winner.

Katie, 15, will now go on to the National Final in Lincoln on April 16th with a chance to be chosen

as Rotary International Britain and Ireland Young Chef 2015-16.

She was mentored for the competition by Mark Vaughan of Vaughan's Restaurant in Weymouth.

Casterbridge Rotary member, Diana Apps said: "Katie has worked very hard with Mark Vaughan of Vaughan's Bistro and her teacher at Thomas Hardy School, Sally Voss, perfecting her menu."

"She was a clear leader at the Regional Finals and Casterbridge Rotary Club wishes her every success in the final in Lincoln."

Thomas Hardy becomes teaching school

DORCHESTER'S Thomas Hardy School has been selected to become a National Teaching School.

Teaching Schools take a leading role in recruiting and training new entrants to the profession. They identify and develop leadership potential; they provide support for other schools, and work with schools across their alliance to raise standards of teaching.

The Dorchester school is one of 54 schools in England to be granted teaching school status in the latest round.

Introduced in 2011, Teaching Schools are all rated as "outstanding". They work with partner schools in an alliance to ensure high quality school-led initial

teacher training and professional development opportunities for teachers at all stages of their career.

They raise standards through supporting other schools, engage in research and development, and ensure that the most talented school leaders are spotted and supported to become successful headteachers.

Thomas Hardy head Mike Foley said: "We are delighted to be designated as a national teaching school following a rigorous and highly competitive process of selection against some of the most outstanding schools in the country. It is a huge privilege to be given the opportunity to train the next generation of teach-

ers and we will do everything possible to ensure that Thomas Hardy is a beacon for outstanding education for many years to come."

Roger Pope, Chair of the the National College for Teaching and Leadership, said: "I'd like to congratulate Thomas Hardy - they should be very proud of this achievement."

"Teaching schools have shown themselves to be at the heart of school improvement. They're supporting other schools, attracting and training the best new teachers and developing the next generation of leaders. At NCTL, we want to do all we can to support their work."

Fundraising fashion show

TICKETS are now on sale for a charity fashion show, organised by the Royal Voluntary Service.

The event will be held on Friday, April 15th at 7pm at the Thomas Hardy School in Dorchester (doors open at 6.30pm).

'Travelling Trends' will supply fashionable and reasonably priced high street clothes, modelled by local women. The evening will also offer cakes and refreshments, second hand jewellery, locally made crafts and a grand raffle. Tickets cost £7, and raffle tickets are £1 each.

Tina Damon, RVS Befriending Services Manager in Dorset, said: "This is

the first time we are organising a fundraising event on this scale. We are supported by many of our volunteers and clients, and are continuing the work we do with students at the Thomas Hardy School sixth form as well. This will be a great evening for all age groups, and we might even model one of the old WVS uniforms, to remind people of what our volunteers used to look like in years gone by."

All money raised will go to the RVS in Dorset, supporting our work with older people in the community. To buy tickets, and to find out more about the RVS in Dorset, call the Dorset Office on 01305 236666.



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Weymouth Matters

A personal View by HARRY WALTON

Proper improvements are still needed

THIS week's Growing Old Disgracefully looks at sleeping in public and whether pensioners should be woken up.

In the last week alone I have seen elderly people asleep in cafes, asleep in restaurants, asleep in pubs and actually asleep while sat on a bench in Weymouth town centre on a cold day!

Now that takes real skill, but should such dozers be woken up either to make sure they are all right or to make sure they don't ruin their sleep period at night?

On balance, I think they should just be left to slumber on because however well meaning you may be, a sudden return to wakefulness is fraught with danger, not for the pensioner but for the person doing the waking!

Shattering the peaceful surrounds of a tea room with cries of "Thief! Thief!" as the sleeper reacts to being shaken before they are fully aware of their surroundings can take a lot of explaining away.

So can your "vicious assault" on a snoring seventy-something which sees them jerk awake, inhale their dentures and start choking with their fingers locked in a death grip on your shirt.

Being told "Well, it looked like you were attacking them" is no consolation after three or four angry bystanders jump on you. Blood is such a difficult stain to get out of clothes.

That leaves the "do nothing" option the right choice on safety grounds....for you!

NEVER in the field of human conflict has so much criticism by so many people achieved so useless a response.

I speak of the pitiful "improvements" delivered by Dorset County Council following an avalanche of criticism levelled at the dangerous junction at the bottom of Boot Hill.

DCC bowed to repeated calls for action by the public backed up by independent consultants but then slashed the amount of work it proposed to do, claiming a complete overhaul of the black spot site was "never on the cards".

What they furtively carried out over a few hours on a quiet Sunday night was a lick of lane marking paint on the road and a tweak to the timing of traffic lights. That, we were assured, was all that was needed to solve the "dice-with-death" problems at the junction.

Everyone associated with making that cut price decision should hang their heads in shame – and £13,000 was still a laughingly high price to pay for the work.

Because having driven by the scene on "improvement" night to view groups of workmen stood about, presumably waiting for the lights to

change, I took the trouble to go back on the Monday morning to see just how successful DCC's efforts were proving.

I was there at 10.30am, a relatively quiet time when the day was well underway and no-one at DCC could accuse me of visiting at peak rush hour. What I saw was frightening.

In just 15 minutes of light traffic I witnessed three near accidents, the worst coming when a motorist attempting to turn right from Westwey Road into Newstead Road towards Asda was nearly rammed by a car coming down Boot Hill and swooping on to the junction to go up Westwey Road.

I'd say they missed each other by less than two feet and, while a miss is as good as a mile, DCC's so called "improvements" clearly aren't worth the paint on the road or the bulbs in the traffic lights.

Other incidents included two drivers converging and somehow muddling past each other with smiles and shaken heads and another where one driver, caught betwixt and between, continued on and swung into North Quay just ahead of traffic moving forward to climb Boot Hill.

The long and the short of it is that

DCC has done some work but it doesn't appear to have made a blind bit of difference, so I repeat what I said before.

Let's save a whole lot of time wasted on claim and counter claim and sim-

ply get the independent consultants back in for another review. I think they won't have to alter their original recommendations too much that real and proper improvements are still needed.

Isle needs to be protected

TROUBLED times seem to be facing the future of stone quarrying on Portland.

Island stone is famous for its role in constructing many of this country's iconic buildings such as St Paul's Cathedral.

But a major row has erupted because Portland Stone Firms, which bought the rights to quarry on the Jurassic Coast and access the land north of Southwell in 2004, is claiming that a 2009 county council modification order to

prevent quarrying in sensitive areas means there is no longer safe access near Southwell.

The company says that means the village itself is the only other route for quarry vehicles to access the site and it wants £18million compensation from the authority.

PSF has spent nearly £1million on legal fees ahead of a Lands Tribunal to decide the issues on June 4th.

Southwell residents are concerned that, if mining does go ahead round the village, then the land

will be lost for generations.

Whatever the Tribunal decides, the Jurassic Coast is a UNESCO world heritage site and it needs to be safeguarded.

Whether that involves quarrying in one form or another, whether compensation is or is not owed and whether the villagers of Southwell are going to find themselves in the firing line will be a matter for the Tribunal....and it looks as if it will require the wisdom of Solomon to sort it all out.



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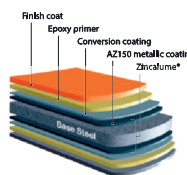
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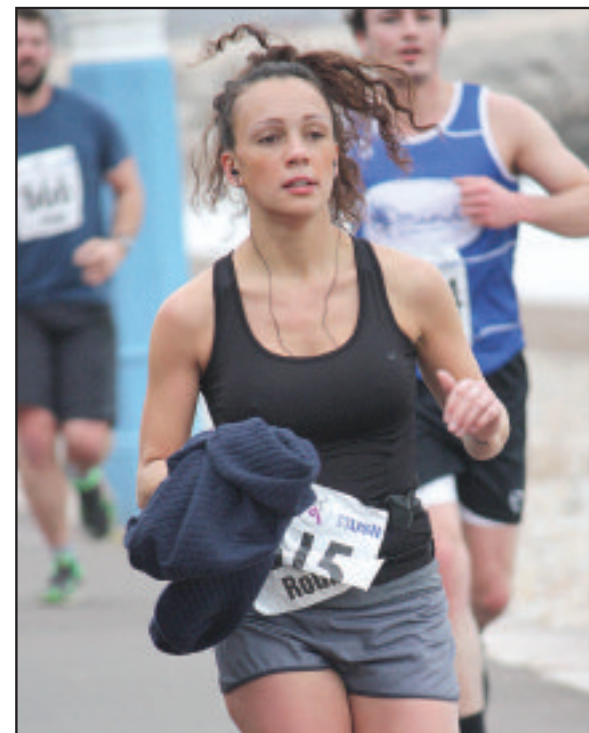
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■ RUNNERS start to feel the strain



■ EVENTUAL winner Steven Osborne, out front at two miles



■ DESPITE the cold many runners soon warmed up

Runners brave the chill for half marathon



■ RUNNERS at the start on Weymouth seafront

ALMOST a thousand runners braved a chill wind which felt more like winter than the first day of spring to take part in Sunday's Weymouth half marathon.

The 8.30am start, from the clock tower, saw a stream of runners head out toward Overcombe corner before turning to come back into the town and along the Rodwell Trail to Portland – ending the race back on Weymouth seafront.

The winner, Steven Osborne, completed the route in just under 1 hour and 15 minutes.

Many local runners made up the field, some competing for the first time.

Among them was a team, almost 50-strong, from the Weldmar Hospicecare Trust, the event's

By Trevor Bevins

Official Charity Partner. Dozens of others from the charity gave their time to marshal and look after some of the feeding stations.

Local running club, Egdon Heath Harriers, entered a large team, the fastest of which was Bruce Campbell, who finished 15th.

Other local runners well placed were Neil Lamington from Portland who was fifth and Joe Allen from Bridport, who finished 11th.

The results are provisional with some runners complaining about mistakes in the online results immediately after the event.



■ EGDON Heath Harrier Julian Thacker who finished 21st



■ LOCAL runner Bruce Campbell (44) from Egdon Heath Harriers who finished 15th



Your Easter Guide

Where to go & what to do this holiday

Bridport Leisure Centre

Easter Opening Hours and Holiday Activities at Bridport Leisure Centre

BRIDPORT LEISURE CENTRE is offering a range of activities this Easter to keep little ones active and entertained. Activities include snorkelling, street dance, trampolining, creative movement and much more. Please visit www.bridportleisure.com for the latest holiday timetables.

The Big Splash Fun sessions will be running from 2.00pm – 3.00pm on Mondays, Fridays, Saturdays (Inflatable Session) and Sundays. The Main pool will be filled with a variety of fun floats, mats, woggles and toys for all the family to enjoy. On Saturdays the Main Pool will feature the 'Twin Track Extreme' Inflatable – lots of fun to be had whatever the weather! For more information or to book an activity, please call the Bridport Leisure Centre on 01308 427464.

Easter Opening Hours and Timetable amendments

The Centre is open as usual over the Easter break but will be closing slightly earlier on some days. Please see below:

Good Friday, 25th April: The Swimming Pool will be closing at 7:00pm and the Fitness Suite will be closing at 9:00pm. Aqua Fit at 11:15am and Circuits at 6:30pm will not be running.

Easter Sunday, 27th March: Aqua Fit at 9:00am will not be running and the Pool

will be closing at 5:00pm

Easter Monday, 28th March: The Fitness Suite will be closing at 9:00pm. Circuits at 6:30pm, Lower Body HIIT at 7:00pm and Spinning at 7:30pm will not be running.

We wish all of our customers a very happy Easter! Bridport Leisure Centre
Tel: 01308 427464
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Broadwindsor Craft & Design Centre

THE Broadwindsor Craft and Design Centre has been situated in the heart of the West Dorset's beautiful rolling countryside for the past 29 years. A Redundant farm building on the edge of the village was the starting point, but today the Craft Centre is renowned for its excellence and quality.

The Centre boasts a large restaurant that prides itself on serving delicious home cooked food every day, using quality local produce. The Centre is open from 10am-5pm every day and the restaurant serves breakfast from 10-11:30am, lunch from 12-2pm and cakes and cream teas until 5pm.

The main shop itself is like an Aladdin's cave, with shelves overflowing with great gift ideas for any age group. Gift vouchers are also available for the main shop and the restaurant. A high tea or a cream tea voucher makes a lovely gift for someone special, or a shop gift voucher for that person who you just can't think what to buy.

There are also lots of other individual units at the Craft Centre, including Earth Design, Attic Gallery, Mingled Yarn, Malcolm Giladjan's art studio, Caboodle and Sophie Rose Soft Furnishings.

With a large free car park and disabled access to most of the Centre, come and visit Broadwindsor Craft Centre, enjoy a fabulous breakfast, lunch or tea and see the vast array of gifts available in the shops.

Take a look at our website www.broadwindsorcraftcentre.co.uk and follow us on facebook.

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from Friday 25th March - Sunday 10th April

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LARGE FREE CAR PARK • BROADWINDSOR, DORSET, DT8 3PX
WWW.BROADWINDSORCRAFTCENTRE.CO.UK



The Royal Lion Hotel

Royal Lion Hotel

Built in 1601 as a coaching inn, this grade II listed hotel has been extensively refurbished, yet still retains much of its history and unique charm. There are oak beams, wood panels and an open fire which help to create a warm, welcoming and comfortable atmosphere.

The Oak Room Restaurant

The elegant and sumptuous Oak Room Restaurant, set on the first floor of The Royal Lion Hotel, offers a daily changing menu featuring a blend of classic and modern cuisine. Our talented kitchen brigade are extremely proud to use local suppliers and ingredients whenever possible, ensuring the menu really reflects the delights of the West country.

Of course, your meal would not be complete without an excellent selection of wines; and in the experienced hands of our Restaurant Manager and his friendly team, you are bound to find that perfect variety to accompany your meal. The Oak Room Restaurant is open to both residents and non-residents alike.

The Inn at The Royal Lion

The Inn offers a traditional pub atmosphere with open log fires to warm you during those chilly winter days.

A great place to meet friends for morning coffee and an informal lunch or a chilled glass of wine, The Inn also offers a variety of local ales to tempt the beer connoisseur before dinner.

The Inn also has a full pub menu and daily changing special board, and is open to residents and non-residents alike. On Sundays, we are proud to offer a traditional Sunday roast, along with an alternative selection of dishes associated with this great British institution.



THE ROYAL LION HOTEL

The Oak Room Restaurant

EASTER SUNDAY LUNCH

Sunday 27th March 2016

STARTERS

Homemade Cream of White Onion Soup with thyme croutons

Duck Liver Parfait with red onion marmalade & melba toast

Smoked Trout Caesar Salad with classic dressing & shavings of parmesan

Vulcombe Goats Cheese & Spinach Spring Roll with spicy tomato salsa & herb salad

MAIN COURSES

Roast Sirloin of English Beef with yorkshire pudding, horseradish sauce & thickened pan juices

Poached Fillet of Salmon with cucumber vermouth sauce, samphire & crushed new potatoes

Roasted Supreme of Chicken Wrapped in Pancetta with madeira jus, date & walnut seasoning

Wild Mushroom Risotto with a hint of white truffle oil, parmesan & wild rocket

The above served with a selection of seasonal vegetables & chateau potatoes

DESSERTS

Sticky Toffee Pudding with warm butterscotch sauce & vanilla bean ice cream

White Chocolate Fudge Tart with dorset clotted cream & fresh berries

Fresh Fruit Salad with mango & passion fruit sorbet

Dark Chocolate Bavarois with coffee sauce anglaise & frosted hazelnuts

Muscat de Beaumes de Venise 125ml £6.50

Sandeman's Ruby Port 50ml £2.80

Sandeman Founders Reserve Port 50ml £4.20

Fresh Cafetiere Coffee & Homemade Petit Fours

£ 18.95 per person for two courses • £ 21.95 per person for three courses

Please advise us if you have any particular food allergies or dietary requirements

www.royallionhotel.com | 01297 445622

Osprey Leisure Centre

Easter Kid's Club 2016

THIS school holiday Osprey Leisure Centre has programmed the usual variety of popular activities for kids aged 5 - 14 years from 29 March through to 8 April.

Amongst the usual mix of activity days Osprey is now offering an indoor football academy on Tuesdays and Thursdays which when added to the half day multi activity sessions on the same day give 2 extra full days from 9am - 4pm which have recently been added to the programme earlier in the year.

Many children love using the inflatable obstacle course during private pool parties but have the rare chance to attend the junior sessions for the over 9's to 14 years which take place on Tuesdays and Thursdays from 2pm - 4pm for only £3 per child for a full 2 hours.

Now that the Legacy Cafe is open parents have the chance to add a lunch for only £2.50 to the day so another worry is taken away from them.

What better than to give your children the chance to have a great time in a safe indoor environment whilst expending much energy, having lunch and being active?

For any further information on the above or the adjacent adverts please feel free to contact the centre on 01305 824378 or visit the centre's web-site.



Osprey Easter Holiday Activities

Kids Fun Pool Sessions

Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
2.00 - 4.00pm 9 - 14 years only

£3.00 per session

New Large Pool Inflatable

Football Academy

5 - 12 year olds
Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
12.45 - 4.00pm

**Only £7.00 per person •
• Only £11.00 per day**

or £13.50 per day with packed lunch

'Sporting Games' Days

5 - 12 year olds
Mon 4th April, Wed 30th March
Wed 6th April & Fri 1st, Fri 8th April
9.15am - 9.45am (registration)
to 4.00pm (collection)

Only £11.00 per day

Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
9.15am - 12.30pm

Only £7.00 per morning



Tel: 01305 824378

www.ospreyleisure.co.uk

Castletown • Portland • Dorset • DT5 1BD





Your Easter Guide

Where to go & what to do this holiday



Nothe Fort

ON Wednesday 30th March, Nothe Fort events team invite you to their "World of Peter Pan". The Fort will be open from 10.30am to 5.30pm, last entry 4.30pm, entry price will be £9 for Adults, £8 OAP/Students, £2 children, under 5s free. Family Ticket £20.

Come along for a wonderful family day of pirates, red Indians, fairies and mermaids. Loads of different crafts for children to make, fossil painting, balloon modelling, fancy dress completion, face painting, treasure hunt, a Pirate Bouncy Castle and of course an opportunity to look around Nothe Fort.

Visit our web site www.nothefort.org.uk for full information and details of our other events for 2016.



NOTHE FORT WEYMOUTH

The World of Peter Pan

Wednesday 30th March 10.30am - 5.30pm
Pirates, Red Indians, Mermaids and Fairies
Children's Crafts, Bouncy Castle, Fancy Dress
Competition & lots more
A GREAT DAY OUT FOR ALL THE FAMILY



See our website www.nothefort.org.uk and details of forthcoming events in 2016

The Tunnel Target Sports Centre

THE TUNNEL
TARGET SPORTS CENTRE
SHOOTING CENTRE



SHOOTING FOR THE GENERAL PUBLIC



- 25m, 40 yard & 100m ranges
- 5 lanes - full bore
- Fully Supervised
- Practice Sessions
- Cafe

Live firing and fully supervised
catering for all ages and abilities,
prices from **£15**



Mon - Thurs & Sat throughout the Easter Holidays

E: info@thetunnel.co.uk W: www.thetunnel.co.uk

The Tunnel Target Sports Centre, Axminster Road,
Charmouth, Dorset DT6 6BY - 01297 560049

HOMEMADE CREME EGGS

CADBURY EGGS DECODED! FINALLY, YOU CAN MAKE CADBURY-STYLE CREME EGGS AT HOME ANY TIME OF YEAR. AND YOU WANT TO KNOW THE BIGGEST SECRET? THE RECIPE IS INCREDIBLY SIMPLE! THE MOULDING TAKES SOME TIME AND PATIENCE, BUT IF YOU'RE NOT CONCERNED ABOUT LOOKS, THESE BABIES ARE EASY TO CRANK OUT, AND POSSIBLY MORE ADDICTIVE THAN THE REAL THINGS.

INGREDIENTS:

- 170g (1/2 cup) golden syrup
- 58g (1/4 cup) butter, room temperature
- 375g (3 cups) confectioner's powdered sugar (icing sugar)
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- yellow food colouring
- 1 (12 ounce) bag milk chocolate chips

FILLING: You're going to be really astounded at how easy this is.

Cream together the corn syrup, butter and vanilla.

Sift in the confectioner's powdered sugar and beat until incorporated.

Now to get fancy and separate the filling into whites and yolks! Take out about a third of the filling and stir in some yellow food colouring.

Put the two bowls in the fridge, as they're easier to work with once they're set up a little.

SHAPING THE INNARDS: Make little yolk balls out of the yellow mixture. Place them on some parchment (not foil). Put them back in the fridge or even the



freezer to firm up.

When the yolks are set up, you can start embedding them in the whites. Scoop an amount of white filling out and flatten it into a circle. Place the yolk ball inside, and wrap the white around it. Then stick them back in the fridge.

FILLING THE MOULDS: Melt the chocolate in a double boiler or in short bursts in the microwave. Fill the moulds with the chocolate.

Once the moulds are set, plop a filling ball into half of each mould. Using more melted chocolate, join the two halves of the egg together.

Finally let set and demould.



BURWOODS DOMESTIC APPLIANCE LTD

Super Spring Clean Savings

on Laundry, Refrigeration, Cleaning, Small Kitchen Appliances and Home Entertainment

**Hotpoint****1200 Spin 6kg Washing Machine**

Model No: HSTB621PUK

- 16 Programmes Inc Eco Cycle & Extra Rinse
- Wool & Silk Programme
- Super Wash, Fastwash 30 & 60
- Dimensions: H85xW59.5xD41.9cm

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Spine10 YEAR
Facts**Hotpoint****1400 Spin 7kg Washer Dryer**

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- Automatic Drying Levels
- Wash & Dry Cycle in 45 Minutes
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Facts**Hotpoint**

Save £10

**7kg Condenser Tumble Dryer**

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Facts**Hotpoint****60cm No Frost Fridge Freezer**

Model No: LECO7FF2W

- Fridge 189 Litres/5.67 CuFt, 2 Shelves, 2 Salad Bin
- Freezer 113 Litres/3.99 CuFt
- Automatic Door Closing
- Dimensions: H178xW60xD63cm

Only
£349.991 YEAR
Spine10 YEAR
Facts**Hotpoint****60cm No Frost Fridge Freezer**

Model No: LECO85FF2WH

- Fridge 189 Litres/5.67 CuFt, 3 Shelves, 2 Salad Bin
- Freezer 113 Litres/3.99 CuFt
- Automatic Door Closing
- Dimensions: H189xW60xD63cm

Only
£389.991 YEAR
Spine10 YEAR
Facts
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DOMESTIC APPLIANCES

Burwoods Domestic Appliance Ltd
84 St Michaels Trading Estate ,
Bridport DT6 3RR
Tel: 01308 424196

Dorset's ultimate leisure guide

View 2

RANKING FULL STOP!

Ranking Roger and Ranking Junior
bring The Beat to Dorchester

See page 32



SASHA AT CAMP BESTIVAL

DJ will lead the rave at Lulworth festival *page 24*



PITY THE FOO

Top tribute to Foo Fighters in Seaton this weekend *page 24*

SHOWSTOPPERS

Bridport Musical Theatre return with Showstoppers 5 *page 33*



TRANSMISSION

Your guide to local live music

The gigs

Friday 25 March

Spice Centre,
DORCHESTER
**BERNARDO PLAYING
CONTINENTAL GUITAR**
7.30pm.

Spice Centre,
DORCHESTER
**BERNARDO PLAYING
CONTINENTAL GUITAR**
7.30pm.

Pilot Boat Inn,
LYME REGIS
HOT JAVA
9pm

Sat 26 March

The Crown Inn,
BRIDPORT
STORM 9.30pm

Nag's Head,
LYME REGIS
**DANA IMMANUEL &
THE STOLEN BAND**

Electric Palace,
BRIDPORT
FEROCIOUS DOG
Doors 7pm.
£14 adv/£16 door

Re-loved Vintage
& Tea Rooms/Bistro,,
DORCHESTER
**BERNARDO PLAYING
VINTAGE GUITAR**
7pm. Free entry,
booking advised
- 01305 257070.

Winston's
SEATON
PITY THE FOO
£10adv / £13 door

Sun 27 March
The Crown Inn,
BRIDPORT
**A TRIBUTE TO ELVIS
- TIM BASSETT**
9.30pm

Sat 2 April
The Crown Inn,
BRIDPORT
GOLIATH 9.30pm

Nag's Head,
LYME REGIS
**PERFECT
STRANGERS**

Reaching for the stars

CAMP BESTIVAL organisers are very excited to announce the DJ line-up for this year's Outer Space extravaganza. And you can be sure that the moon walk is just one of the signature moves that we'll be busting out as we reach for the firmament of dancefloor stars who'll be keeping us space raving family style all weekend long at Lulworth Castle at the end of July.

Astro-mixmaster Rob da Bank says: "We always like to get the whole family dancing at Camp Bestival, so this year I'm really chuffed that we have some proper DJing legends who will be more than familiar to mums and dads but who will definitely get the kids up on their feet and partying. From the legendary

Sasha, Hacienda giant Greg Wilson and lifetime Camp Bestival resident David Rodigan to amazing family ravers Big Fish Little Fish and Fun DMC, not forgetting Pan's People, we're all going to be spoilt for choice!"

Heading up the cavalcade of cosmic explorers, and providing a golden opportunity for parents to relive their intergalactic youth, the festival welcomes **Sasha** back to Space Camp Lulworth. A veritable rave god, Sasha is a man who knows how to take a crowd on a voyage into the unknown and we can't wait!

The legends don't stop there as we will also have hacienda stalwart **Greg Wilson's Super Weird Substance**, reggae great **David Rodigan MBE** who will

present Ram Jam featuring sets from Trevor Nelson, Wookie, Kiko Bun (live) and Venum Sound and rare groove kingpin **Norman Jay MBE** will be making good on the ones and twos. Plus, we will have sets from Acid Housewife featuring Lottie & Smokin Jo, and English Disco Lovers.

Pioneers of family clubbing Big Fish Little Fish will be back to rock the tots once again and there will be beats and bass for big and little kids alike with sets from Fun DMC, the Kids Disco with Pan's People, Nutty's Disco and Junior Jungle Rave who are guaranteed to make the little-uns jump up.

For more details visit www.campbestival.net



PITY THE FOO, the South West's premier Foo Fighters Tribute Band, will recreate Foo Fighters' awesome live sound and performance at Winstons, Seaton on Easter Saturday, March 26th.

You can expect to experience awesome high powered sets with all a true Foo Fighters fan's favourite songs including Learn To Fly, Monkey Wrench, Everlong, The Pretender, Something From Nothing, All My Life, Rope, Best Of You and plenty more.

Band leader Tod said: "This is the first time we have played down here, but we heard it's a great venue and are looking forward to putting on a show that everyone will enjoy and remember".

Winstons Manager Chris Oakes added: "We have managed another coup, as these guys don't usually play small venues so we are really looking forward to the gig, we have already sold a quarter of the tickets so get yours soon."

Tickets are £10 in advance, or £13 on the door, available from Winstons on 01297 20494, Beer Village Stores 01297 21782, or Axe Music (Axminster) 01297 631609.

THE CROWN INN WEST BAY ROAD, BRIDPORT

Saturday 26th March, 9.30pm
STORM

Sunday 27th March, 9.30pm
A TRIBUTE TO ELVIS - TIM BASSETT

Saturday 2nd April, 9.30pm
GOLIATH

www.lemonrock.com/crowninn
Tel 01308 422037

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01308 458077**



The Nag's Head

**Silver St, Lyme Regis
Tel 01297 442312**

FORTHCOMING EVENTS

**Saturday 26th March
DANA IMMANUEL AND
THE STOLEN BAND**

**Saturday 2nd April
PERFECT STRANGERS**

**Saturday 9th April
REAL DEAL
www.nagsheadlymeregis.co.uk**

LIVE MUSIC FRIDAY

FRI 25TH MARCH FROM 9PM

HOT JAVA Led by the amazing vocal talents of Grace Gillan. Playing a mixture of funk, jazz and soul.

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**THE
PILOT BOAT
INN**

Pity The Foo A Tribute to Foo Fighters



www.pitythefoo.com

Tweet us #PityTheFooTwit

Instagram us @pitythefootributeband



at Winstons, Seaton - Saturday March 26th

All tickets priced £10.00 in advance or £13.00 on the door

Tickets available from
Winstons 01297 20494, Beer Village Stores 01297 21782
and Axe Music, Axminster 01297 631609



Health Leisure & Beauty

Your 7 page pull-out for Health, Leisure & Beauty
in East Devon, West Dorset and South Somerset

West of England Laser Centre



Q. I HAVE a mole next to my nose which I have often thought about having removed. I am going on a cruise in August to celebrate my 50th wedding anniversary and wondered if I would be able to have the treatment before then?

A. Yes, you have plenty of time to have this treatment before your cruise. Initially you would need to come for a Consultation with our Surgeon on a Monday evening or a Wednesday afternoon at the Nuffield Hospital in Taunton. You can make an appointment by telephoning 01823 331773 or by emailing lasercentre@lineone.net. Following the consultation we can book you in for your treatment, usually within a couple of weeks, if you wish to go ahead.

Q. I have always wanted to have this done .. but always been a little nervous how painful is the treatment?

A. Please do not be nervous, this treatment is very painless and straight forward. Our Surgeon will inject a small amount of local anaesthetic into the area prior to treatment. The laser is very precise and targets only the mole itself and does not affect any of the surrounding skin. When the anaesthetic wears off you may feel a slight discomfort or stinging, this is fairly mild but if you do wish to take paracetamol this will help.

Q. During the cruise I will be exposed to the sun, will I still be able to do this following treatment?

A. We would always recommend using a high factor sun cream whenever you are exposed to the sun, especially on the treated area. You would need to wait 2 or 3 weeks for the skin to be fully healed before you go into the sun but the high factor sun cream will not only protect the more sensitive, treated area but will also help prevent further sun damage.

Janis Meeks

Axminster Clinic for Fine Lines & Wrinkles!

Axminster Health and Wellbeing Centre, Hanover House, Chard Street, EX13 5DZ

AXMINSTER clinic for fine lines and wrinkles was established in 1999. We are associates of the famous Knightsbridge clinic of Dr Rita Rakus. In addition to our various injectables and fillers, our Doctor has recently introduced some exciting new wrinkle reduction treatments in Axminster that have previously only been available in our Knightsbridge clinic. These include Pelleve, Sculptra, Aqualyx and our two exciting new additions Ulthera and Rejuvagen.

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.

Rejuvagen is a new microneedling system for skin rejuvenation that can help repair deep skin damage without causing further scarring or discomfort. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Sculptra works differently from traditional

fillers gradually reducing lines giving a fuller natural look that can last up to 24 months.

If you would like to learn more about our various treatments please visit our website anti-ageing-clinic.co.uk

We offer free consultations giving you the opportunity to discuss the various options available with no obligation. This is an opportunity to ask our Knightsbridge doctor any questions you may have regarding any of our treatments. Please call Janis on 01243 698823 or 07906 786246 if you would like an appointment.



Beauty Spot or Mole?

Some moles are more attractive than others, if yours is bothering you, why not have it quickly and painlessly removed by laser?

For further information regarding all our latest non-invasive cosmetic treatments contact:

WEST of ENGLAND
LASER
CENTRE

Nuffield Health Taunton Hospital
Staplegrove Elm,
Taunton TA2 6AN

Tel: **01823 331773**

www.welc.co.uk - email: lasercentre@lineone.net

Wrinkle Reduction, Frown Line Treatment, Skin Tightening and Lifting

Advanced treatments for fine lines, wrinkles, lip enhancement, facial contouring are available from our Knightsbridge doctor.

Sculptra

The volumiser designed to stimulate collagen with results that can last up to two years.

New

We are excited to introduce two new treatments to Axminster (previously only available in our Knightsbridge clinic)

**Next Clinic
Sunday**

3rd April 2016

Visit our website for more info
www.anti-ageing-clinic.co.uk

Ulthera

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.



Rejuvagen

Rejuvagen is a new microneedling system for skin rejuvenation that can help repair deep skin damage. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Ulthera

Phone for an appointment

01243 698823 or 07906 786246

Axminster Health and Wellbeing Centre

Hanover House, Chard Street, Axminster EX13 5DZ

Precision Reflexologist - Sonya Gallantree

SONYA is a fully qualified Precision Reflexologist and has been practising in the Honiton area for seven years as well as being a member of the Association of Reflexologists and also The Federation of Precision Reflexology.

Reflexology is a non intrusive complementary therapy performed mainly on the feet. The treatment is a gentle massage and stimulation of the

reflex points within the feet. Clients usually feel deeply relaxed or energised after a treatment. Reflexology may be used to help relieve stress, improve circulation, ease pain and menopausal symptoms. Reflexology helps the body to heal itself and restore balance.

Please call if you would like more information or to book an appointment.



Herbalist Health - Cheryl Reynolds

HAVING qualified with the National Institute of Medical Herbalists in 1988, Cheryl has been treating patients for 28 Years following a graduation from an accredited course, where students are trained in both medical and plant sciences.

Cheryl's decision to spend four years studying herbal medicine was initiated after being diagnosed with Rheumatoid Arthritis at the age of 21. "Spending 15 years on orthodox medicine didn't suit me, but with the help of herbal medicine I regained a life that has been worthwhile and has enabled me to play a part in others life's which has been both rewarding and extremely interesting".

Herbal Medicine can benefit patients of all ages, from infants to the elderly. Those already receiving treatment from their doctor may also be helped and are prescribed herbs, which do not adversely interact with other medication.

All members of the Institute are governed by a strict code of ethics and practice as well as being covered by professional indemnity and insurance.

Please use the contact details provided to discuss how herbal medicine can be as beneficial to you as it has been to Cheryl.



Herbalist Health

Cheryl Reynolds

Member of the National Institute of Medical Herbalists

Treatments for: Musculoskeletal, Respiratory, Cardiac, Gastrointestinal, Genitourinary, Gynaecological problems, and the Nervous System

Web: www.herbalisthealth.com **Email:** cheryl@herbalisthealth.com
Tel: 01297 443814 **Mob:** 07796 074 849

East Devon Physiotherapy

EAST DEVON PHYSIO was opened in Sidford by the Practice Principal Heather Martin in May 2000.

The general ethos within the practice has always been that the care and wellbeing of clients is of the utmost importance. This is achieved through the five practitioners constantly updating and increasing their professional skills and seeking communication with relevant health care professionals in the area when specialist's skills are seen to be required.

Physiotherapy is often thought to be largely involving massage and exercise and usually seen in the area of sports medicine but skills within the profession extend far beyond these parameters.

Physiotherapists at East Devon Physio are able

to offer assistance to clients of all ages suffering from pain or disability after injury, overuse, surgery (both orthopaedic and general) as well as sports related issues and for many years have had a reputation for significant success in the treatment and rehabilitation of their clients.

All treatments are planned and based on information offered by the client during the initial consultation and findings thoroughly discussed with the client prior to treatment.

East Devon Physio also runs Modified Pilates classes locally in Sidford and Beer.

More information is available on the website or at the practice in Sidford.



EAST DEVON PHYSIO

Sports & Rehabilitation Clinic

Chartered Physiotherapists Registered with The Health Care Professions Council

Our Expertise includes:-

- Manual Therapy
- Acupuncture
- Exercise Therapy
- Sports / Post Operative Rehabilitation
- Modified Pilates Classes (a form of pilates especially suitable for clients with aches and pains)

Other services available are:-

Robert Gosling -
Select Dental

Paddy Jones -

Complementary Therapist

James Trewick -
Personal Trainer

Address: East Devon Physio
Church Street
Sidford Sidmouth
Devon EX10 9RL

Tel / Fax: 01395 578656

Email: info@eastdevonphysio.co.uk

Website: www.eastdevonphysio.co.uk

"Expert assessment and diagnosis leading to treatment tailored to your individual needs"

The Garden Studios - Yoga and Therapies

BEAT the blues with an immune boosting routine, yoga, massage, fresh air!

At The Garden Studios in Bridport Paul and Julia are offering a range of activities to guide you into a healthy spring! Ongoing neck and shoulder tensions are often a by-product of winter ailments and stresses, sometimes causing headaches and other physical ailments whilst emotional stresses often cause these physical problems! It's a roundabout to get off of.

Hatha yoga and meditation is accessible to everyone, gentle stretching, focus on breathing techniques and relaxation will encourage a healthier approach to day to day life, and will start to release long term tension. Work on computers and driving are 2 of the main reasons for upper body tension. Gentle moving stretches assists our overall well-being and the more you are able to move, the more you want to! Guided relaxation and meditation together with simple breathing methods start to provide tools to keep mind and body in a more comfortable state, improving our immune system and defences against infection. Paul offers yoga classes, 2 mornings, 2 afternoons and 2 evenings throughout

the week, classes are drop-in although most find a favourite, with small groups of 8 and individual attention.

Massage, aromatherapy and reflexology treatments can also be a great support, Julia uses essential oils to support specific conditions, physical or emotional utilizing base carrier oils blended to nourish the skin, feeding the body through the skin! Reflexology works on every body system every treatment and is a perfect body maintenance programme, whilst invaluable for deep relaxation and creating balance within., it's also a very helpful and supportive therapy for many conditions and throughout pregnancy.

The Tripudio Movement DVD now available, (£12) is perfect for a short daily home practice. The Flow sequence is taught in detail, followed by the sequence in 3 separate sections to flow along with. This short flow sequence will assist your lymphatic system, provide daily stretch and mobilizations and leave you feeling relaxed and uplifted. This 8 minute sequence is perfect for an everyday activity and requires little space. With a focus on releasing tension in the upper body it is perfect for neck and shoulder tension, repetitive strain injury or situations of poor mobility too – anyone can do it!

As the weather improves new Nordic Walking training sessions and health walks will be starting. If interested send an email and keep updated. Nordic walking uses poles provides a full body workout with minimum stress, working out shoulders and arms as well. A full body workout to get us out for the spring. Contact Paul and Julia on 01308 538112 info@gardenstudiosbridport.co.uk www.gardenstudiosbridport

TIP: yawn regularly with a big arm stretch, opens your lungs and works out your neck and shoulders!

Confidential Hypnotherapy
Susan GaleChange for the better
with Hypnotherapy

FEELING bad? Feeling trapped by unwanted habits, anxieties or old hurts? With the right help, your mind can set you free. And much more easily than you might have thought possible.

You probably already know how powerful your subconscious mind can be when it's repeating old habits even though you don't want it to. So imagine that much power working for you in a good way instead.

Susan Gale uses Hypnotherapy to help you break out of the rut and change old negatives to new positives.

She takes a very practical, down to earth approach. And her long experience means she can tailor the therapy to your particular needs so you get better sooner.

Don't "learn to live with it" – learn to live without it. Make the most of yourself. Make the most of your life.

Susan has been working as a hypnotherapist since 1989 and has helped many people clear many different problems. Her experience can help you break free. She is now seeing clients at the Aquae Sulis Centre on Damers Road, Dorchester. Take a look at her website www.beltain.co.uk or phone her on 07486 393047 to see how she could help you.

Susan Gale
HYPNOTHERAPIST, COUNSELLOR, Registered Hypnotherapist

Confidential Hypnotherapy
07486 393047 - beltain.co.uk
Based at the Aquae Sulis Centre, Dorchester

- ✓ Anxiety, Smoking, Stress, Weight...
- ✓ Friendly & practical
- ✓ Down-to-earth
- ✓ Effective solutions tailored to your needs



The Garden Studios
Yoga and therapies

**Complementary Therapies,
MLD, Meditation, Yoga,
Tripudio Movement & Nordic
Walking with Paul & Julia**

Landline: 01308 538112 Mobile: 07734 511287
Email Us: info@gardenstudiosbridport.co.uk
Website: www.gardenstudiosbridport.co.uk
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By Abi Jackson, Press Association

5 reasons to eat more eggs!

Planning to indulge in a few foil-wrapped goodies over Easter? Enjoy - life is too short to deny yourself those indulgent little pleasures - but while we're on the topic, let's take a moment to appreciate the cracking nutritional credentials of real eggs too.

When it comes to all-round healthiness, you really can't beat an egg (sorry!). Cheap, quick and easy, and they go with everything, they are quite simply egg-cellent, and you might be surprised to know just how egg-ceptional they are on the good-for-you front.

Here are five reasons to dip into more eggs...

EGG-STRA NUTRITIONAL

The term 'superfood' might seem like a modern marketing ploy, but it's a label that the humble egg - something we've had in our pantries and been eating by the basket-load for forever with little fanfare - is arguably quite deserving of.

"Eggs are a really nutritious food, providing an excellent range of micronutrients. As well as being rich in vitamin D, essential for normal bones and teeth and for both muscle and immune system function, they are also a good source of DHA - one of the omega 3 fatty acids - that contributes to normal brain and eye function," says Dr Juliet Gray, registered nutritionist and advisor to the British Egg Information Service (www.egginfo.co.uk). "Eggs are also rich in selenium, important for hair and nails, the immune system, and thyroid function. On top of this, they contain more than 100% of the RI [reference intake, formerly RDA] for vitamin B12, which we need for red blood cell function, and also vitamin A, vitamin B2, folate, biotin, pantothenic acid, iodine and phosphorus. All those nutrients in just one single food!"



▲ PA Photo/thinkstockphotos

PACKED FULL OF PROTEIN

There's been growing emphasis on packing plenty of protein into our diets recently. As well as being useful for weight management, protein's role in muscle growth and repair has helped up its popularity, as more and more of us get serious about our fitness regimes. "Whether you're a gym-goer, or just trying to eat healthily, the humble egg is an awesome food to include in your diet," says Charlie Turner, co-founder of Neat Nutrition (www.neat-nutrition.com). "Poached eggs and avocado is one of my staples; high in protein and nutrients, quick and easy to cook, and budget-friendly too. Eggs contain all the essential amino acids which your body needs when refuelling after a workout and their high protein content helps to keep you satiated all morning."

BRILLIANT BREAKFASTS

When Robson, nutritionist and co-author of The Detox Kitchen Bible, teamed up with Gi-

raffe restaurants (www.giraffe.net) to share his three golden rules on eating for maximum health and happiness, he instantly knew what his first tip would be: "Start the day with an egg!"

"Research has shown that people who eat eggs at breakfast eat less across the rest of the day compared to those who opt for grain-based cereals, as eggs help keep you feeling fuller for longer," explains Hobson. They also pair extremely well with other health-boosters, to supercharge your breakfast even more. "Most of us don't get enough oily fish, so adding smoked salmon will boost those heart health omega 3 levels, and your intake of vitamin D, which many of us lack." Serve on a bed of spinach or slice of granary toast for extra vitamins and fibre.

SUPER SNACKS

One medium-sized egg contains around 65 calories, which makes them a fantastic choice as a healthy low-calorie snack. For context, that's less than a single portion of most types of fruit - which isn't to say you should ditch fruit in favour of eggs, but if you're looking for low-calorie snack inspiration, why not add a hard-boiled egg to your daily graze armoury? Not only will an egg leave you feeling far more satisfied - therefore keeping hunger pangs at bay - than say a packet of crisps (usually 100kcal upwards, depending on the brand) or single digestive biscuit (around 71kcal), they'll also really count in those healthy-eating efforts, thanks to their super-charged nutritional content.

WORK WONDERS FOR SKIN

We're often told that the quality of our diets is displayed in our complexions, and eggs rack up cracking scores in the skin-enhancing stakes. "Eggs contain vitamin A, which helps the process of cell development - especially the development of new skin cells. This is why vitamin A is often included in beauty products," explains Shona Wilkinson, head nutritionist at natural health retailer NutriCentre (www.nutricentre.com). "They also contain the antioxidants selenium, which helps prevent free radical damage, which is part of the aging process, and lutein and zeaxanthin, which help protect the skin against UV damage that leads to brown spots and wrinkles. They are great sources of amino acids which help with generation of new cells."



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Axe Valley Counselling Anne Roberts

Relationships: Spring is sprung - is love in the air?

SO, is your relationship full of energy and enthusiasm? Are you looking forward to sharing a renewed sense of love and moving forward together? Or does the sight of couples 'in love' just increase your sense of being jaded - worn out by cares, endless responsibilities and a winter of discontent?

Unless you have reached a point of no return, there is usually an opportunity to change tack and bring new life into your relationship. Maybe you, personally, need to put your life in order, gain a sense of direction and change those behaviours or feelings that aren't helpful. Or perhaps you both, as a couple, would like to regain a renewed sense of pleasure in, and enjoyment of your relationship.

Counselling can help get your personal issues or your relationship back into perspective, and sort out what can and can't be changed. Leaving it too late reduces your options as the willingness, energy and investment runs out. Getting help in time can transform your relationship and, at least, clarify your choices.

If you would like help to make changes, contact me, Anne Roberts, Counselling South West, on t: 01297 301035 m: 07887 961954 email:

info@couplecounsellor.co.uk: www.couplecounsellor.co.uk



Anne Roberts BSc, CIPD, CREST, CIPD, CIPD
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ROSE Osteopaths is based in the Honiton Dental Centre and provides Osteopathic treatment to patients of all ages. We pride ourselves on the high level of patient care we offer and our patient centred approach to treatment.

Osteopath Alexandra Williams (BSc OST MED, BSc Bio) graduated with first class honours from the renowned British College of Osteopathic Medicine and has worked in a variety of settings including private practice, Sports Centres and a multi-disciplinary clinic. She is passionate about Osteopathy and its ability to produce great benefits in pain management and general wellbeing.

Osteopathy is a method of diagnosis, treatment and rehabilitation of a variety of medical conditions and disorders. We look at the patient 'as a whole' and therefore treatment does not target symptoms but treats those parts of the body that may have caused the problem. Treatment modalities may include hands-on methods such as soft tissue massage, mobilisation and manipulative techniques, and also advice on such topics as ergonomics and nutrition. In addition, specific exercises and stretches may be recommended to aid recovery and promote health.

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For further information visit our website at www.roseosteopaths.com



▲ Alex the Osteopath

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Traditional Acupuncture - Val Davis

Acupuncture can improve and maintain health and energy and enhance a sense of well-being

ACCORDING to traditional Chinese philosophy, our health is dependent on the body's motivating energy (qi) moving in a smooth and balanced way through a series of channels beneath the skin.

Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and restores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other nagging problems resolve as your main health com-

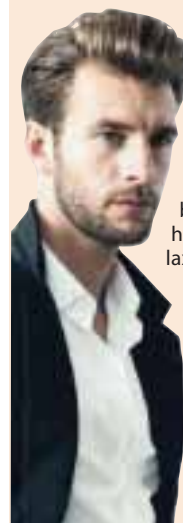
plaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking. However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

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Clinical Hypnotherapy Michelle Hague

Stopping Smoking ? There is something you need to know.

E-CIGARETTES may not help you quit: Smokers using E-cigarettes are 28% less likely to ditch traditional cigarettes, So says the medical correspondent Ben Spencer who reported on the medical study published this year in the Lancet.

The study has concluded E-cigarettes do not help smokers to quit tobacco.

However these findings have become very controversial and are contrary to leading health officials in England, who have repeatedly insisted that e-cigarettes are a key tool to reduce smoking rates.

The study which was a systematic review of all available data on the issue, is the largest to date, and evaluated whether e-cigarettes assist smokers in quitting cigarettes.

Published in the Lancet Respiratory Medicine journal, it concluded that e-cigarettes do not help smokers quit, and should not be recommended for that purpose until there is solid proof that they do.

E-cigarettes contain a liquid form of nicotine that is heated into vapor to be inhaled, avoiding the harm caused by tobacco smoke.

While there is little doubt that an e-cigarette is less dangerous than a conventional cigarette, the most dangerous thing about e-cigarettes is that many keep smoking conventional cigarettes too.

The irony is, that stopping smoking is one of the main reasons adults use e-cigarettes, but on the

whole it would seem the effect is less, not more, stopping.

Steven Bernstein of Yale School of Medicine, writing in a separate editorial published by The Lancet, said that despite concerns over the data and findings of the study, it did raise questions about the usefulness of e-cigarettes as a quitting aid.

The evidence for Hypnotherapy from previously satisfied clients, who have stopped smoking demonstrates that Hypnotherapy can help some people to stop, this includes stopping the use of e-cigarettes too. But is also means it can help you to change any habits that you want to change, If you are ready to stop, and ready to change a behaviour, Hypnotherapy could help you.

To speak to Michelle about becoming someone who used to smoke, or to find out if she can help you make changes to your life, call her on 07761773563



The Beauty Hideaway

THE Beauty Hideaway Portland is an exciting new beauty salon based in Osprey Leisure centre.

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All Osprey Leisure Centre members get 10% off all treatments.



By Abi Jackson, Press Association

Chris Hoy's five top tips for becoming a better cyclist

With 11 World Championship track cycling wins and six Olympic gold medals - plus one silver - under his belt, Sir Chris Hoy certainly knows a thing or two about cycling.

Since announcing his retirement from competitive cycling in 2013, the Edinburgh-born 39-year-old is still passionate about bikes, and now spends much of his energy 'pedalling' his HOY Bikes and HOY Vulpine cycling clothing and accessories ranges.

The legendary bike-rider will be speaking and showcasing his latest product lines at the London Bike Show in February, but first, he shares his top tips for becoming a better cyclist...

BUY THE RIGHT BIKE FOR YOU

Bikes aren't one-size-fits-all, and designs can vary significantly. Also, ensuring your bike 'fits' you correctly will not only affect performance, but will play a big role in your comfort and avoiding injuries.

"It's important that your bike is suitable for what you intend to use it for. If I was purely commuting, I'd choose a hybrid like the Shizuoka, that can go anywhere and take pannier racks. Someone riding sportives would need something different. Ensuring the bike is the right size is crucial. Spend time with people in a bike shop, such as Evans Cycles, and get them to make sure the bike fits correctly. An ill-fitting bike will easily put you off riding."

GET FASTER AND FITTER BY RIDING INTERVALS

If you want to improve your fitness on the bike, it pays to factor in some training tactics.

"Time constraints often affect training, and it can be tough to make gains in the face of a busy work/life schedule. Intervals [which means alternating stints of high and low-intensity effort in one workout] help solve this problem, and often produce breakthroughs when your training has felt stale for a while. If you have a favourite climb, where there's not a lot of traffic, try doing 30 seconds of effort followed by 30 seconds recovery. If you are at home on the turbo and listening to music, you can incorporate this by riding hard for one song, and easing off the next. Make sure you have warmed up properly first, and try to do around five efforts to start with; and just make sure the likes of Bohemian Rhapsody don't get stuck on repeat."

SET SOME GOALS

You don't have to start big with your goals, but having

set targets to aim for will help keep you motivated, enable you to monitor your progress and improvements and ensure your efforts are rewarded.

"Setting yourself a target and writing these down can make the difference between achieving them or not. I used to set myself long-term goals, like becoming Olympic champion, but it's important to include shorter-term goals to help measure success and keep you motivated. It doesn't matter whether it's to be world champion or to ride your first sportive, it's important to have something to aim for."

INVEST IN SUITABLE CLOTHING

There may have been a time when the 'Lycra brigade' attracted sniggers, but there's a reason people invest in proper kit - in fact there are numerous reasons, including enhanced performance, comfort and even safety.

"One of my more recent projects has been developing my HOY Vulpine kit. Wearing the right kit really does make a huge difference in performance and your comfort - you wouldn't go running in a pair of leather shoes. Certainly get yourself a good pair of padded shorts, and make sure you dress appropriately for the weather, layering up when it's cold and keeping yourself dry when it's wet."

FUEL PROPERLY

Whether you're a weekend rider in it for the fun, or hoping to work on those personal bests in sportives, getting the nutrition and hydration right is important.

"If you are going for a ride, always remember to take something with you. There are plenty of nutritional supplements that make it easy to get the energy you need. Science in Sport [SiS] GO gels are a great way to get a quick energy boost on the bike, and also, remember it's crucial to stay hydrated. The best advice I can give is to drink little and often - as soon as you feel thirsty, you are already starting to dehydrate."



▲ Chris Hoy training : PA Photo/London Bike Show 2015.

Podiatrist / Chiropodist Lindy Parry

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be

monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.



Lindy Parry - Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HCPC Registration number CH26100)

A Private chiropody clinic at Townsend House Medical Practice,
49 Harepath Road, Seaton

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Michelle is an experienced therapist an international lecturer with the London College of Clinical Hypnosis. For more information or to book an appointment or to see if she can help you call, or email.

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How do you rise and shine?



▲ PA Photo/thinkstockphotos.



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When you woke up this morning, what did you do? Leap out of bed, full of the joys of spring? Or clobber your alarm clock so hard, you need to buy a new one?

I got woken at 5.20am by the pitter-patter of tiny feet running into my bedroom - but only really woke up with a cup of Earl Grey, a bowl of porridge, and a hot shower (not all at once) an hour later.

It turns out the nation doesn't really feel awake 'til about 9.40am, according to Quaker Oats' #SuperStart survey, with 90% of us on autopilot first thing in the morning, a quarter of us skipping breakfast all together, and a quarter not ready to face the day until 10am.

The average worker says their productivity doesn't kick in until around 11.22am - and two thirds are more productive in the afternoon.

But there are all kinds of benefits to being an early bird, including greater willpower, which will help you make healthy choices, says psychologist Dr Linda Papadopoulos.

"Developing a morning routine allows you to assert your own authority over the day."

WHAT'S HAPPENING?

Whether we're a morning person or night owl is determined by our body's 'circadian rhythms', which Dr Papadopoulos explains, are the physiological processes that occur repeatedly on approximately a 24-hour cycle thanks to Earth's light-dark cycle.

Our rhythms can be measured by our body temperature and alertness - plus there's a surge in the hormone cortisol in the morning, while the production of melatonin in the evening helps us prepare for sleep.

In the olden days, we used to wake up at dawn and go to bed at dusk, but in modern life, Dr Papadopoulos says we're "outsourcing our circadian rhythms" to coffee and alcohol - a stimulant to wake us up and a relaxant to help us sleep.

Add to that the fact we're all staring at mobile phones, tablets and TVs late into the night, which emit a blue light that suppresses melatonin production - and it's no wonder we're finding it hard to wake up.

The good news is we can reset our body's biological clock to become better 'morning people', says Dr Papadopoulos: "To adjust your sleep cycle, do it slowly - avoid screen-time in the evenings, go to bed 15 minutes earlier each night, leave your curtains open and use the sunlight to cue your circadian rhythms."

HUSTLE BUSSELL

Quaker has teamed up with Strictly Come Dancing judge Darcey Bussell to give Britain an energy boost in the mornings. The mum-of-two, who developed and teaches DDMIX dance classes, is a big fan of having a morning routine - and eating a good breakfast.

"My alarm goes off 6.55AM every morning - and I never hit the snooze button!"

"As soon as I wake up, I either splash cold water on my face or jump straight in the shower. I put the radio on every morning as I find that good music picks me up."

"A simple bowl of Quaker Oats porridge first thing is the best breakfast to get me on the right track for the rest of the day. I often also have fruit for breakfast, usually apples, blueberries or strawberries with a glass of water and a green tea."

"I do the school run and then walk for 30 minutes with the dogs before I carry on with the rest of my day."

WHICH TYPE OF MORNING PERSON ARE YOU?

Take the test at www.facebook.com/QuakerOatsUK to find out which one you are...

LARK

The classic 'lark' personality. Likes to rise early and once they open their eyes feels quickly 'awake and sprightly'. This person tends to be most productive early on in the day. More likely to incorporate physical or outdoor activity into their morning routine. Mornings are your preferred time for getting exercise, and breakfast is your favourite meal of the day. Cheerful in the morning, but as the day progresses, energy levels decline, you get tired in the evening and usually go to bed early.

RISE

This person wakes promptly upon their alarm, but needs a little more easing into the day. Drawn to the peace and quiet of the morning, and like to take time to reflect on the day ahead before others are awake. Usually like to perform some rituals e.g. coffee in their favourite mug, staring at the view from a particular window. May be more likely to benefit from early meditation, mindfulness or yoga.

LO-FI

They begrudgingly wake with their alarm, but are not firing on all cylinders in the morning. As a result they struggle with the myriad tasks that the morning holds e.g. finding keys, locating an umbrella. Prone to underestimating the amount of time morning actions take e.g. hair and make-up, travel, so often arrives at work flustered or feeling behind on things.

SLUMBER

Hits the snooze button multiple times before they can even contemplate rising. Doesn't sleep until later on in the evening, either because they are socialising, working late, watching TV or reading. As a result, tends to feel fatigued and irritable in the morning. More likely to skip breakfast or grab something on the go. Often uses caffeine to help them.

TRIED AND TESTED

Abi Jackson chows down a new breakfast that packs an extra protein punch

WHAT IS IT?

myHi is a new range of snacks, breakfasts, lunches and dinners, and sports shakes and powders, enriched with extra protein - promising to deliver on flavour as well as nutrition. They're aimed to appeal to people following low-carb and high-protein diets, or anybody looking for convenient but nutrition-conscious foods.

WHAT'S IT LIKE?

I've been trying the myHi Instant Oat Cereal with Raspberries, which comes as a box of five 40g sachets. In an ideal world, I'd always prepare my porridge from scratch, but it's handy to have something quick and easy - and healthy - for busy days or when I'm eating at work. With added whey protein, there's 8.2g of protein in each bowl of these myHi instant oats. Like most protein-pumped foodstuffs, they do have that slightly unnatural taste - but these are really enjoyable, and don't taste over-sweetened. Quick and simple to prepare, an easy and satisfying way to tick off that protein boost.



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Rosen Method Bodywork Linda Rock

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LINDA Rock is a holistic therapist and Rosen Method Body Work Practitioner, and also a general and psychiatric nurse RGN RMN.

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Rosen Method Bodywork Linda Rock

Rosen Method Practitioner and qualified general and psychiatric nurse RGN RMN

"This work is about transformation - from the person we think we are to the person we really are"

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The Beat goes on

FORMED in Birmingham in 1978, as part of the West Midlands ska revival scene that also produced The Specials and The Selecter, The Beat's first single was an arresting version of Smokey Robinson's 'Tears Of A Clown', given a completely new feel, and was backed with their own composition 'Ranking Full Stop'.

Fast-forward to 2016 and the band are still as fresh and relevant as ever. With the inclusion of Ranking Junior - Roger's son - taking vocal duties to an accolade of critical acclaim and Dave Wakeling heading to the US, The Beat return to their roots and will raise the roof once more at Dorchester's Corn Exchange on Thursday, April 7th.

One of the biggest bands of the 2-Tone movement, The Beat will present an unwavering dedication to their wall of sound that transcends time. Their ska fusion rhythms never fail to ignite a crowd as seen previously in Dorchester Corn Exchange as part of the biennial Dorchester Festival in 2014.

They are known the world over for a string of hit singles, including Mirror in the Bathroom, Too Nice To Talk To, Can't Get Used To Losing You, Hands off She's Mine and All Out To Get You. Their songs of peace, love and unity fuse ska, pop, reggae and punk rock to produce

an inimitable dynamic live show.

The support on the night is up and coming alt indie band The

RPMs. Originally from Dorchester they describe themselves as, "a rock band not afraid of a good pop tune". Comprising of Jack Valero (lead vocals & rhythm guitar), Miguel Cosme (bass & backing vocals) and Callum James (drums) this now Brighton based band are inspired by the likes of Tom Petty, The Jam and The Libertines, but with a little something all their own.

Having supported The Beat at many venues across the UK already including The Open in Norwich, they have also opened for Wolf Alice and Rudimental at the Glastonbury Pilton Party in 2015. By all accounts their signature killer hooks will 'take up lodgings in your subconscious that won't be budged by a billion bailiffs' so this promises to be the perfect warm up to a great night of ska rhythms.

For booking and further information call Dorchester Arts box office 01305 266926 or visit www.dorchesterarts.org.uk



Ranking Roger and Ranking Junior of The Beat



The RPMs

The return of The Showstoppers



BRIDPORT Musical Theatre Company presents 'Showstoppers 5'.

After their award winning production of 'West Side Story' last summer, the successful Bridport Musical Theatre Company take to the stage again with their annual production of 'Showstoppers'. This musical show of song and dance always proves popular with audiences and features hits from musicals from both stage and screen.

In August the company will be staging the hit musical 'Crazy For You' at The Electric Palace, if you have

an interest in musical theatre and would like to join the company auditions will be held in April. For more information contact Dave Swaffield on 01308 422708 or 07757251929.

'Showstoppers 5' will be held at Bridport Arts Centre from Tuesday, April 5th - Friday, April 8th. The company are renowned for their sell out performances, therefore it is advisable to book in advance. Tickets are available from Bridport Arts Centre.

Box Office 01308 424204 or online at www.bridport-arts.com




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Award Winning

BRIDPORT MUSICAL THEATRE COMPANY

Presents

SHOWSTOPPERS

A Evening of Song and Dance

Songs from the Musicals from stage and screen

5

Bridport Arts Centre
Tuesday 5th - Friday 8th April 2016
Evening Performance 7.30pm
Tickets available from the box office tel: 01308 424204
Book online www.bridport-arts.com

Comedy Café's Big Night Out



MOCK THE WEEK regular Angela Barnes is coming to Bridport to headline the Arts Centre's first Comedy Café 'Big Night Out' show.

The BBC New Comedy Award winner was last at the venue as tour support for Alan Carr and now has a glittering TV career of her own with appearances on the likes of Stand Up for the Week, Russell Howard's Good News and Alan Davies As Yet Untitled as well as regular appearances on BBC radio 4. Angela's personable, self-deprecating style has made her one of the most exciting new acts to emerge on the scene in recent years and her gag rate and observational skills are second to none so is sure to be the perfect act to launch the new venture.

Supporting Angela on Friday, March 25th will be Ignacio Lopez, as seen on ITV's 'Show Me The Funny' and Welsh funnyman Rob Hughes who last year performed in Bridport at last year's Jurassic Fields Festival.

The Big Night Out show is a new departure for the Arts Centre's regular comedy café night. The Comedy café, established in 2011 in the venue's Art Garden café, has recently moved to a Wednesday evening. The 'Big Night Out' shows will run at less regular intervals throughout the year on a Friday night and feature three headliners, including a TV name to close the show.

The Wednesday night shows will continue to run on a monthly basis in the more intimate café environment, featuring circuit headliners and the best new acts from the south west and beyond.

Comedy Café resident MC, Bridport's own Tom Glover, will host the new 'Big Night Out' show and personally hand pick the line ups from the best of the UK circuit.

The BAC Comedy Café will be at 8pm on Friday, March 25th. Tickets are £8 adults/£6 concessions and available from the arts centre box office on 01308 424204 or on-line at www.bridport-arts.com.

Olivier award-winning show steams into Bridport

Arts Centre to show The Railway Children

Bridport Arts Centre will screen The Railway Children (2016) this Easter Monday (28th March). The film is of York Theatre Royal's Olivier award-winning production performed in summer 2015 at the National Railway Museum, Yorkshire. Tickets are on sale now.

The film captures Mike Kenny and Damian Cruden's imaginative stage adaptation of E. Nesbit's cherished novel on its return to its Yorkshire roots, and features the original locomotive from the much-loved original 1970 film.

The Railway Children follows the story of Roberta (Bobbie), Peter and Phyllis, three sheltered siblings who suffer a huge upheaval when their father, who works for the Foreign Office, is taken away from their London home and (falsely) imprisoned. The children and their mother, now penniless, are forced to move from London to rural Yorkshire near a railway line. The story deals with themes of justice, the importance of family and the kindness of strangers.

Filmed with seven cameras by an expert team, who navigate the unique staging including moving platforms, props and rail carts, the film captures every moment of the fast-paced production.

The film of The Railway Children is directed by International Emmy award-winning Ross MacGibbon, whose recent stage-to-screen adaptations have included Matthew Bourne's Swan Lake, The Importance of Being Earnest with David Suchet and Shakespeare's Measure for Measure from The Globe Theatre. Martin Barras (Emmerdale, The Bill, Heartbeat) gives a standout performance as Albert Perks.

York Theatre Royal's stage production of The Railway Children was directed by award-winning Artistic Director of York Theatre Royal Damian Cruden (The York Mystery Plays 2012, Brassed Off, The Wind in The Willows). It was first performed at National Railway Museum in 2008 and toured the world to huge critical acclaim, and is now returning home to a purpose-built theatre.

The Railway Children will be shown at Bridport Arts Centre on Monday, March 28th. Tickets are £12 /£9 from www.bridport-arts.com or by calling 01308 424204.



The Magic Beanstalk at The Marine Theatre

THIS spring Light Theatre are touring their sell-out show, The Magic Beanstalk and we are thrilled to be hosting the show in Lyme Regis on Tuesday, March 29th at 3pm.

Beautiful hand carved puppets and amazing experiments are used to retell the classic story of Jack and the Giant who lives through the clouds and over the rainbow.

The show, designed for children between the ages of 5 – 11, is made in Cornwall by a team who have worked alongside Kneehigh Theatre, The Little Angel Theatre and The Eden Project. The performing team is Rachel Leonard (War Horse (RNT); A Very Old Man With Enormous Wings (LAT/Kneehigh), Venus and Adonis (RSC)); Jenny Beare (storyteller (The Eden Project), Rambles (Kneehigh)); and Mae Voogd (Wolf Child (Wild Works)).

Jack, his mum and their cow Daisy are

in trouble. Their house is leaking, the phones cut off, there's no food in the fridge – and they've got NITS! Something's got to change and what happens next is an exciting adventure for all girls and boys who believe in magic.

The production is a unique blend of theatre and science. "We wanted to create a magical, memorable and worthwhile experience for children and their families ... it's incredibly exciting working with very experienced puppet makers, performers and scientists to create the show." Charlotte Bond, artistic director, Light Theatre.

The Magic Beanstalk comes to the Marine Theatre, Lyme Regis on Tuesday, March 29th, 3pm. Tickets are £8, or concessions £7.00, Under 12s £5 (from box office only, not online bookings)/ TheatreFriends discount available/ Ages 5+ Running time: 50 mins (approx).

Mystery masterpieces for sale

THE Marine Theatre, Lyme Regis is to hold a special Mystery Masterpiece Art Sale on Monday, April 4th, from 11am-9pm. Many talented local artists have donated their work to support fundraising for this flourishing and vibrant venue for the Arts which is in need of physical regeneration.

Inspired by the recent grant from the Coastal Revival Fund and Lyme Town Council to repair the roof there are now plans to renovate indoor areas of the building.

It is a 'mystery' sale because the artwork, priced at an affordable £40 each, will be exhibited without the name of the artist visible, the artist's name being revealed only after the picture is sold.

The event will be a festive day and evening in the Theatre, with refreshments and live music on Monday, April 4th from 11am to 9pm.

Details about the Marine Theatre programme can be found at www.marinetheatre.com

Comedy Cafe

Big Night Out

Friday 25 March, 8pm

Angela Barnes

Star of Mock The Week & BBC New Comedy Award Winner

Also featuring:

Comedy Cafe MC Tom Glover, Rob Hughes & Ignacio Lopez.

Tickets £8 / £6
www.bridport-arts.com
01308 424204

BRIDPORT
ARTSCENTRE

MARINE THEATRE LYME REGIS

See you in the
Marine Theatre Bar!

POP-UP OPERA PRESENTS BELLINI'S CAPULETS & MONTAGUES

Monday 28th March

7.30pm. Full price: £18 / Concs. £15

TheatreFriends discount available

LYT members can come for £1!

Pre-theatre menu available at

French Lieutenant's Bistro

(booking essential)

Bellini's bel-canto opera

based on Romeo and Juliet



FRIDAY 25TH AND SATURDAY 26TH MARCH BEER FEST/ VARIOUS TIMES/ ALL TICKETS £5 ON THE DOOR CELEBRATION OF LOCALLY BREWED BEERS AND CIDERS

THE MAGIC BEANSTALK

Tuesday 29th March

2.00pm. Full Price £12

Concs. (under 12s & students) £5

TheatreFriends Discount available

Using instruments and bows from the 18th century,

they will be playing Haydn Prussian Quartets,

Mozart Prussian Quartets and Abel Op.8 No.2.



BOX OFFICE: LYME REGIS TIC 01297 442138 OR
BUY ONLINE AT WWW.MARINETHEATRE.COM

SUPPORTED BY LYME REGIS TOWN COUNCIL AND WEST DORSET DISTRICT COUNCIL

This week's new cinema

BATMAN V SUPERMAN: DAWN OF JUSTICE ^{12A}
FEARING the actions of Superman are left unchecked, Batman takes on the man of steel, while the world wrestles with what kind of a hero it really needs. With Batman and Superman fighting each other, a new threat, Doomsday, is created by Lex Luthor. It's up to Superman and Batman to set aside their differences along with Wonder Woman to stop Lex Luthor and Doomsday from destroying Metropolis.
Stars Ben Affleck, Henry Cavill, Jesse Eisenberg, Gal Gadot and Amy Adams

ZOOTROPOLIS ^{PG}
IN a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy. Voices from Ginnifer Goodwin, Jason Bateman and Idris Elba.

MY BIG FAT GREEK WEDDING 2 ^{12A}
A PORTOKALOS family secret brings the beloved characters back together for an even bigger and Greekier wedding. Stars Nia Vardalos, John Corbett and Michael Constantine

WELCOME TO ME ¹⁵
WHEN Alice Klieg wins the Mega-Millions lottery, she immediately quits her psychiatric meds and buys her own talk show.
Stars Kristen Wiig, James Marsden and Linda Cardellini.

Cinema Listings

Fri, Mar 25th - Thu, Mar 31st

ALL LISTINGS ARE SUBJECT TO CHANGE

LYME REGIS REGENT
Tel: 0871 230 3200
www.scottcinemas.co.uk

Kung Fu Panda 3 ^{PG}
Fri-Sun, Tue-Thur: 14.20
Monday: 12.30, 17.50
Batman Vs Superman: Dawn of Justice ^{12A}
Fri-Sun, Tue-Thur: 16.40, 20.05
Mon: 20.05
The Railway Children ^U
Mon: 15.00
Miss Julie ^{12A} Thu: 10.30am

DORCHESTER ODEON
Tel: 0871 22 44 007
www.odeon.co.uk

Batman Vs Superman: Dawn of Justice ^{3D} ^{12A}
Fri & Sat: 19.00, 22.30
Sun-Thur: 19.00
Batman Vs Superman: Dawn of Justice ^{12A}
Fri: 15.40, 20.30, 21.00
Sat: 12.20, 15.40, 20.30, 21.00
Sun-Thur: 12.20, 15.40, 20.30
Capture The Flag ¹⁵
Sat-Thur: 10.00am
Zootropolis ^{PG}
Fri-Sun: 9.50, 12.30, 15.10, 17.50
Mon: 10.30, 13.00, 15.30
Tue-Thur: 10.30, 13.00, 15.30, 18.00

BRIDPORT ELECTRIC PALACE
Tel: 01308 428354
www.electricepalace.org.uk/films
Preview: Our Kind of Traitor ¹⁵
Wed: 19.30
From Page To Screen Festival
Weds Mar 30th - Sun April 3rd

WEYMOUTH CINEWORLD
Tel: 0871 200 2000 • www.cineworld.co.uk

10 Cloverfield Lane ^{12A}
Daily: 15.15, 17.30, 20.10
Alvin and the Chipmunks: The Road Chip ^U
Daily: 12.00
Batman Vs Superman: Dawn of Justice ^{2D} ^{12A}
Daily: 10.10, 11.00, 12.00, 14.10, 15.10, 17.20, 18.50, 20.30, 22.00
Batman Vs Superman: Dawn of Justice ^{3D} ^{12A}
Daily: 13.20, 16.30, 17.50, 19.40, 21.00
Capture The Flag ^{PG}
Fri, Mon, Wed, Thu: 10.00am, Sat: 10.45am
Kung Fu Panda 3 ^{2D} ^{PG}
Fri, Mon-Thur: 10.45, 11.45, 13.00, 14.00, 16.15
Sat-Sun: 11.45, 13.00, 14.00, 16.15
London Has Fallen ¹⁵
Daily: 18.20
My Big Fat Greek Wedding 2 ^{12A}
Fri-Wed: 14.10, 16.25, 18.30, 20.45
Norm of the North ^U
Fri-Mon, Wed, Thu: 10.00am
The Boy ¹⁵
Fri-Sat: 21.10, Sun, Mon, Wed, Thu: 20.40
Divergent Series: Allegiant ^{12A}
Fri-Sat: 20.40
The Witch ¹⁵
Fri-Sat: 22.20, Sun: 21.05, Mon, Wed, Thu: 21.30
Zootropolis ^{2D} ^{PG}
Fri-Sun: 11.20, 12.40, 13.50, 15.10, 16.20, 17.40, 18.40, 20.00
Mon, Wed, Thu: 11.20, 12.40, 13.50, 15.10, 16.20, 17.40, 19.00
Zootropolis ^{3D} ^{PG}
Fri-Mon, Wed, Thu: 12.00, 14.30

Leaper, A Fish Tale

Family show set to make waves in changing attitudes towards our oceans

ALTHOUGH it sounds like a children's tale, the reality is that fish are slowly starting to disappear from our rivers and seas. Research shows that wild fish could be a thing of the past by 2048. Leaper: A Fish Tale follows one fish's magical quest against the ever-growing natural and man-made monsters in our waters. How can one little girl help to stop this?

Supported by Arts Council England, Lyric Hammer-smith, Brighton Dome, National Aquarium Limited and Sea Changers, Leaper will tour to theatres, schools and aquariums around the UK and is stopping by at Dorchester Corn Exchange on Friday, March 25th at 3pm.

Using their signature blend of beautiful puppetry and mesmeric music, Tucked In Productions explores the colourful and breath-taking world beneath the water's surface. Following their highly-acclaimed productions of Sam Rose in the Shadows, The Golden Cowpat and Tim & Light, Leaper: A Fish Tale promises to be Tucked In's most ambitious family show yet - challenging, dark, never patronising and, most importantly, truly original.

Hal Chambers, Artistic Director of Tucked In Productions says, 'I believe the ultimate key to conservation is education. During our research children found that the idea of destroying one of the most bountiful natural resources was utterly silly! I think we are born with an inherent spirit of conservation and once we grow up we lose a little of that. That is why creating a puppetry production for children about the future of fish is so interesting. It is the next generation who are going to be most affected by our present mistakes. We believe the best way for people to connect with these issues is through story and Leaper will be moving, funny and extremely powerful.'

Leaper: A Fish Tale will prompt inter-generational conversations about what we can do to help this situation. If Leaper is able to prompt more debate amongst children on these important issues, perhaps their young minds can help to discover a way to create a sustainable future for life in our waters.'

Leaper was originally inspired by Steve Keay, a Tucked In audience member and Unit Manager of a salmon reconditioning unit for the Tay District Salmon Fisheries Board in Perth, Scotland. Since meeting Steve in 2013 Tucked In have conducted research directly with marine biologists, social ecologists and school children.

Leaper brings together some of the most exciting theatre makers in the UK including design team Claire Harvey (The River People) and Annie Brooks (Colossal Crumbs), composer Jim Harbourn (Tortoise in a Nut-shell), lighting designer Tom White (Propeller) and producer Steph Connell (Frantic Assembly).

A poignant theatre treat for the whole family to enjoy this Easter.

For tickets and further information call Dorchester Arts box office 01305 266 926 or visit the website at www.dorchesterarts.org.uk



Visit **DORCHESTER MARKET** every Wednesday 8am-2pm

and **DORCHESTER CAR BOOT** every Sunday 7am-1pm at Weymouth Avenue, Dorchester DT1 1QS

Plus **WIMBORNE MARKET** every Friday, Saturday & Sunday BH21 1QU
Hotline Keith on 07887 918932 or Ed on 07889 438491

View 2 Diary Dates

WEDNESDAY MARCH 23RD

DORCHESTER: Local singer Christina Jeavons returns to Evergreens Social Group at Age UK, 1.45pm. Miss Jeavons is a musical theatre performer with an extensive repertoire including many songs from Broadway and the West End. Everyone welcome. Entry £1.50, includes tea and biscuits. For more details call 01305 269444.

UPLYME: Uplyme and Lyme Regis Horticultural Society talk on Soft Fruit, Pests and Diseases given by Robert Cook of the Farming Advice Service. Robert was born locally and travels widely advising commercial growers. Tea/coffee and biscuits will be available before and after the talk which begins at 7.30pm in Uplyme Village Hall. It is free to members, £3 for visitors. The strawberry plants to grow on for the Summer Show will be available at this meeting.

THURSDAY MARCH 24TH

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

THURSDAY 24TH - WEDNESDAY MARCH 30TH
LYME REGIS: In this solo exhibition, titled A Quest for Tranquillity, David Manners confirms his growing reputation for peaceful seascapes and tranquil portraits in a collection of oil paintings that represent his striving for inner peace. The Malthouse Gallery, The Town Mill, Mill Lane, Lyme Regis DT7 3PU. Open daily; 10.30am-4.30pm. Free admission. www.townmill-arts.co.uk or www.townmill.org.uk

FRIDAY MARCH 25TH - SUNDAY APRIL 10TH

LYME REGIS: There will be fun for all the family at The Town Mill over Easter: grain bunnies to identify, lucky dip, miller-led tours, as well as visits to the Courtyard Cafe, the Lyme Regis Brewery and a host of artisan studios (jewellery, pottery, stonemasonry) and two art exhibitions. The Town Mill, Mill Lane, Lyme Regis DT7 3PU. The Mill is open weekdays 11am-2pm and weekends 11am-4pm. Studios, galleries, cafe and brewery usually open daily 10.30-4.30. www.townmill.org.uk

SATURDAY MARCH 26TH

LODERS: Lodgers Young Players Bumper Jumble Sale and Coffee Morning at Lodgers Village Hall. 10am-12noon. For more details call 01308 456222 or 420767.

SUNDAY MARCH 27TH

LYME REGIS: Shopping & Gift Fayre at the Lyme Regis Marine Parade Shelters from 10am to 5pm. A wide range of products from local traders and crafters displaying a variety of unique products.

MONDAY MARCH 28TH

BURTON BRADSTOCK: Bionanza at Othona. Express, Connect, Relax! Dance like no one's watching, no steps to learn, no partner needed, uplifting world music and holistic health benefits. For all ages from 19 to 90. 7.15pm for 7.30pm. For those who have attended 5 or more Bionanza sessions. £7 (concs available). At Othona Community, Coast Road. For more details call 01308 897 130 or visit bionanza-bridport.co.uk

BEAMINSTER: Easter Egg Trail at Mapperton Gardens, 11am-3pm. Explore the hidden grottoes, winding paths and sunken gardens in the quest for clues, with a guaranteed prize for each child. Entry for the trail is £3 for children. Parents must accompany young children in the Gardens as there are water features. Adult entry to the gardens is half price at £4.50 per person in March. Mapperton House opens for guided tours from Sundays to Thursdays from Easter Sunday, until 31 October. A ticket to visit the house and gardens is £12 for adults, free for children (5-15 yrs). More information at www.mapperton.com

TUESDAY MARCH 29TH

LYME REGIS: The Lyme Regis Society will be hosting a talk on Rhode Hill House given by Audrey Standhaft at 2.30 pm, Woodmead Hall. All Welcome.

THURSDAY MARCH 31ST

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

THURSDAY APRIL 7TH

BRIDPORT: Bridport Electronic Organ & Keyboard Club concert with Penny Weedon at the United Church Hall, Easter Street, 7.30pm. Admission £7.50 members, £9 visitors. With refreshments. For more details call 01460 735500.

SATURDAY APRIL 2ND

BRIDPORT: Bridport Folk Dance Club's annual dance, 'Miss Mayne's Party', with 'The Weston Country Dance Band' and caller Aileen Wills and a floor spot by Wyld Morris, at Church House (St Mary's) Hall, South Street, Bridport DT6 3NW. Bring and Share finger food supper, with some soft drinks provided; bring your own alcohol. Doors open 7.45 for 8.00 -

11.00pm dance. Tickets £7.50 on the door, but pre-booking/purchase is advised from 'The Music Shop', South Street, 'The Lime Tree' Deli, West Street, or call 01308 423 442 or 01308 898 002.

BRIDPORT: Quiz in aid of Bridport Millennium Green, 7.30pm, at British Legion Hall, Victoria Grove. £6 inc supper. Teams of 4-6, or come along and make up a team. Bar, raffle and Chinese bingo. Details Sue Wilkinson 01308 425037.

BRIDPORT: Bridport & District Gardening Club Spring Show. In the United Church Hall. Doors open 12noon, light refreshments, and a raffle will be drawn after presentation of trophies at 3pm. Schedules are available at bridportgardeningclub.co.uk and entries close on Wednesday, March 30th at 7pm.

WOOTTON FITZPAINE: Piccalilli Opera at St Paul's Church, from 7pm.

THURSDAY APRIL 7TH

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

DORCHESTER: The West Dorset Health Service Retirement Fellowship will meet at 2pm in the Boys Brigade Hall, Sawmills Lane, Dorchester DT1 2RZ when Dr Peter Down will give a talk on Mabel Stobart: A Dorset Woman at War. We shall also be booking for our first outing of the year which is to Plymouth Gin. The West Dorset Health Service Retirement Fellowship was set up over 30 years ago for retired employees of the Health Service and their partners living in Dorset and meet on the first Thursday of every month except August and December. In addition to the monthly meetings, we have coach outings, a theatre trip and Christmas lunch. New members welcome. Contact 01305 261676 or 785546 for further information. Annual subs are now due.

FRIDAY APRIL 8TH

LYME REGIS: Lyme Bay Photographic Club. Jubilee Cup competition - mini AV presentation telling a story, 3 minutes duration, 20 PDIs followed by Members' Evening. At Woodmead Halls, Hill Road, 7.30pm.

LYME REGIS: U3A Heritage Coast. 'The Edwardian Garden'. Illustrated talk by Yvonne Bell. A colourful and nostalgic look at the gardens of interesting people of the period - Rudyard Kipling, 'My Darling Daisy' Warwick, Beatrix Potter, Louis Comfort Tiffany, and several others. Woodmead Halls, Hill Road, Lyme Regis DT7 3PG. Coffee/tea from 10.00am, talk at 11.00am. Free for members, suggested donation for talk £2 to non-members. More information about the U3A at website lymeregisu3a.org or phone 01297-444566.

SATURDAY APRIL 9TH

WEYMOUTH: Seashore foraging walk. 12:00 pm - 3:30pm. Contact info@hedgerow-harvest.com or visit www.hedgerow-harvest.com.

SUNDAY APRIL 10TH

BEAMINSTER: Mapperton House and Garden Charity Plant Fair. 10am-4pm. Admission £3, proceeds to the Dorset and Somerset Air Ambulance. For more details call 07712 886104 / 01460 242620.

BRIDPORT: Aquafit at 10.30 and Babies classes at 11.30, Highland's End swimming pool, Eype. Have fun in the water while keeping fit. Children's swim-fit lessons also available. Call Penny Yarnold on 07970 879047 for more details.

MONDAY APRIL 11TH

BURTON BRADSTOCK: Bionanza at Othona. Express, Connect, Relax! Dance like no one's watching, no steps to learn, no partner needed, uplifting world music and holistic health benefits. For all ages from 19 to 90. 7.15pm for 7.30pm. Open to all. £7 (concs available). At Othona Community, Coast Road. For more details call 01308 897 130 or visit bionanza-bridport.co.uk

BEAMINSTER: Moviola presents 'Lady In The Van' (cert 12a). At Beaminster Public Hall, 7.30pm (doors 7pm). Tickets from Yarn Barton (01308 862715) weekdays 9.30-12.30 and Saturdays 9.30-1pm, or call 01308 861746. £5 in advance, or £5.50 on the door.

TUESDAY APRIL 12TH

UPLYME: Uplyme and Lyme Regis Horticultural Society first coach outing of the year, to Knightshayes, a National Trust property near Tiverton. Book now to secure your place - NT members £8.50, non-members £16 - non-members of ULRHS pay £3 extra. Book with Jenny Harding on 01297 444034.

THURSDAY APRIL 14TH

DORCHESTER: Plant Heritage Dorset's Group. 'Hardy Perennials' - a talk by Marina Christopher of Phoenix Perennial Plants, Alton. At Conference Room, Kingston Maurward College, 7.30pm. Refreshments, raffles, plant sales. Visitors £2.50, students £1 at the door.

DORCHESTER: Thursday Group meeting at St George's Church Hall. Kay Townsend will give a presentation entitled 'My life on the fairgrounds'. 2.15pm. Followed by refreshments. Entry £1 includes a cup of tea and biscuit. For more details call 01305 259755. All welcome.

ViewJobs

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fax 01297 445607

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Restaurant Assistant Required

To work nine days in a three week rota, to include one weekend in three.
Some cooking duties required.
Full training will be given.

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FULL TIME NIGHT CARER
30 hours per week or more to suit

Phone Marie on 01297 442483 or 07545 352588
email : shire@sentrycare.co.uk
Sidmouth Road, Lyme Regis DT7 3ES

BRIDPORT TOWN COUNCIL

**PROJECT MANAGER AND
COMMUNITY INITIATIVES OFFICER**
(SCP 31 £27,123 p.a. full time, fixed term for 2 years)

JOB VACANCY

Bridport Town Council is looking to recruit an experienced and dynamic person to provide project management support to key local initiatives, including the Bridport Local Area Partnership, Bridport Area Neighbourhood Plan and the Bridport and West Bay Coastal Community Team.

Further information and an application pack is available from Bob Gillis, Town Clerk, Bridport Town Council, Mountfield, Bridport, Dorset DT6 3JP (Tel:01308 456722 - r.gillis@bridport-tc.gov.uk) or on the Town Council's web site www.bridport-tc.gov.uk. Completed forms must be returned by no later than 9am on Monday 18 April 2016.

St Michael's CE (VA) Primary School and Pre-School, Lyme Regis

Permanent Part-Time Position

The Governors are delighted to invite applications to join our dedicated team at St Michael's Primary School and Pre-School Team.

St Michael's Pre-school requires a permanent Early Years Practitioner to Lead our Pre-School.

This will be a Pre-School Leader post.

Five mornings, 20 hours a week, term time only, to start ASAP

Grade 7 (pt 19) £9.52 per hour

Deadline for applications: **Monday 4 April 2016**

Interviews week beginning: **TBC**

Please find the job description, person specification and application details through Dorset For You at www.dorsetforyou.com

Please apply through www.dorsetforyou.com

Visits to the school are encouraged.
Address: King's Way, Lyme Regis, Dorset DT7 3DY
Telephone: 01297 442623
Email: office@stmichaelslyme.dorset.sch.uk

St Michael's School values the diversity of our workforce and welcomes applications from all sectors of the community. St Michael's CE VA Primary School is committed to safeguarding the welfare of children and young people; this is a commitment which we expect all staff and volunteers to share. The successful candidate will be required to have a Disclosure and Barring Service check inline with Governments Safer Recruitment guidelines.

We're HIRING!

Would you like to be part of the Bridport Leisure Centre team?

We currently have the following vacancies:

- Full Time, Part Time and Casual Centre Assistants

Visit our Job Vacancies page at:
www.bridportleisure.com/job-vacancies

EVANS
PLANT HIRE

WE ARE LOOKING TO RECRUIT

A Plant fitter / delivery driver to join our team.

Preferably with HGV licence or 7.5 Tonne lorry licence

Apply:- Graham Evans
01308 422446

Cleaners required in Lyme Regis

to work nights 1am-7.30am Mon-Fri.

Call Tina 07961 295 594

WANTED

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NATALIE@PEMEDIA.CO.UK**

Assistant Cook required at Charmouth Primary School

17.5 hours a week
Monday - Friday 10am-1.30pm
(term time only plus 5 inset days)

For further information and to apply, please visit www.dorsetforyou.com/jobs
Closing date 8th April

PUBLIC NOTICE

**TOWN OF BRIDPORT
ANNUAL TOWN MEETING**

Notice is hereby given that the Town Mayor is to convene the Annual (Parish) Meeting for the Town of Bridport, to be held at the Town Hall, Bridport on Tuesday 5 April 2016 at 7.00 pm.

This is an opportunity to hear about the work of the Town Council and other local organisations supported by the Council. All local government electors for the parish of Bridport are welcome to attend and can also raise other items. It would be helpful to have advance notice of any items to be raised at the meeting. Light refreshments will be provided.

For more information and to give notice of any items to be raised, please contact the Town Clerk.

Bob Gillis, Town Clerk, 01308 456722
r.gillis@bridport-tc.gov.uk
22 March 2016

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To advertise your household item (up to the value of £2,000), please email sophie@pemedial.co.uk with the subject as 'Items for sale Dorset', or to submit by post, please send your advert to: Dorset I.F.S, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB

Property View

PACKED SYMONDS AND SAMPSON BRIDPORT OFFICE FOR LANDLORD'S EVENING



WITH new legislation and tax changes for landlords and second home owners, Symonds & Sampson saw their Bridport office packed with both existing and potential landlords looking for expert advice at a Landlords Evening last week.

'There we so many attendees, we were unable to advise everyone individually; luckily I had prepared a talk that covered all the relevant topics!' commented Partner & Head of Lettings Rachael James. 'Rachael covered some 14 pieces of legislation, 6 of which have come in over the last year including EPC ratings, Legionella bacteria, the right to rent, smoke & carbon monoxide alarms, condensation and the Immigration and Deregulation Act. All the subjects were thought provoking and created many questions which

stimulated a group discussion with everyone sharing experiences both good and bad!'

Stephen Potter a Tax Advisor from Scott Vevers accountants in Bridport, also spoke in depth about the tax changes affecting landlords.

'The growing popularity of these events shows the buoyancy of the buy-to-let market regardless of the stamp duty changes' added Lettings Area Manager Lucy Nolan. 'Potential investors still see buy-to-let as an attractive long term asset and our Landlord Evenings provide essential information allowing landlords to make an informed decision.'

Rachael said "many landlords have historically managed their

own properties; however with more and more changes in the law it is becoming increasingly difficult to keep up. Symonds & Sampson's letting agents are ARLA qualified and offer expert advice and competitive rates for clients at all levels of management."

Further events will be held throughout the year across the south west region with the next event in Sherborne on 14th April. Please contact Rachael James or Lucy Nolan for further information or to book a one to one appointment.



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WOOTTON FITZPAINE - £595,000



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- Garage and parking • EPC rating E

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- Further detached two bed cottage for renovation
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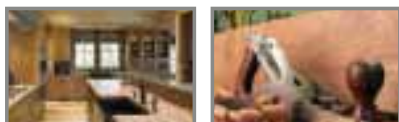
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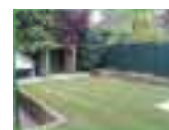
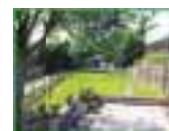
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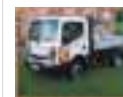
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Korando Sports - Loaded with value!

SSANGYONG is earning a solid reputation for value and quality, and nowhere is this more evident than with its Korando Sports 1 tonne pick-up.

Korean engineered and built, the Korando Sports has a reputation for durability, and is the only pick-up to come with a 5 year limitless mileage warranty. The range now comprises three models, the S, SX and EX with prices from just £14,495 - £18,195 (ex VAT).

Limited edition DMZ

Based on the top of the range EX automatic, the new Korando Sports DMZ is a limited edition model featuring full camouflage paintwork, roof rails and 18" alloy wheels, and priced at £19,195 (ex VAT).

Commented Paul Williams, CEO of SsangYong Motor UK, "With its keen price and comprehensive list of standard equipment, Korando Sports gives you a lot of vehicle for the money - from £14,495 (ex VAT), and the reassurance of a 5 year limitless mileage warranty for complete peace of mind.

"It can be loaded like a truck yet still drives like a car, and really is the best value pick-up you can buy!

"The DMZ is a bit of fun. We ordered a short run initially but they were instantly snapped-up by our dealers, so we think it could prove particularly popular with

owner drivers."

Korando Sports is powered by SsangYong's e-XDi 2 litre diesel engine, and provides maximum power of 155PS and peak torque of 360Nm delivered between 1,500rpm and 2,800rpm providing ample performance both on and off road, and fuel economy of up to 37.7 mpg on the Combined Cycle*. The vehicle has very good levels of NVH (noise, vibration and harshness) and comes with on-demand 4-wheel drive, a full 1 tonne payload and a towing capability of up to 2.7 tonnes.

A real workhorse, the pick-up features a large, flat rear deck giving a 2.04m² load area to take a Euro pallet, and fitted with load deck liner and anchor points. A range of optional rigid hard tops to provide weather protection and security to the load area is also available.

Also and unusually for the segment, the SsangYong Korando Sports also features a live rear axle supported by a sophisticated multi-link rear suspension system with progressive coil springs to give a comfortable, car like ride, instead of the more dated leaf springs employed on many other pick-ups.

Three models - S, SX & EX

In addition to DMZ there are three models to choose from. The S is the lowest priced double cab pick-up on the market at just

£14,495 (ex VAT). The SX is a step up and extremely well equipped with 18" alloy wheels, tinted glass, air conditioning, leather covered steering wheel, remote central locking, an MP3 CD & RDS radio with a USB & auxiliary port and Bluetooth connectivity as well as speed sensitive power assisted steering. The Korando Sports SX costs £15,395 (ex VAT).

The EX also features 18" alloy wheels, and adds the luxury touch of leather upholstery with heated front seats, powered driver's seat, heated, electrically adjustable and power

folding door mirrors and rear parking sensors. A Mercedes-Benz 5 speed automatic transmission with cruise control is also available as an option. The EX with manual transmission is £16,995 (ex VAT), and with automatic transmission, £18,195 (ex VAT).

5 year limitless mileage warranty

As with all models in the SsangYong range, the new Korando Sports 1 tonne pick-up is covered by a 5 year limitless mileage warranty.

Designed to be totally transparent and give customers complete peace of mind, 'limitless' means just that:

not a maximum mileage condition that some brands impose in the small print.

All the major mechanical components are covered including wheel bearings, suspension joints and bushes, steering joints, shock absorbers and even the audio system. Wearable components such as clutch discs and brake friction materials which could have their life reduced by poor driving are covered for one year or 12,000 miles, and the battery and paintwork for three years.



▲ The new limited edition SsangYong Korando Sports DMZ



▲ SsangYong Korando Sports

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2011/61 CITROEN C4 1.6 VTI 16V VTR+ 5DR

Automatic, Petrol, Hatchback, 40,378 miles, Automatic Pack, 12 Months Warranty, 1 Owner, Next MOT due 05/11/16, Last Serviced on 28/01/16 at 40,378 miles, 16in Alloys, Air Conditioning, Cruise Control with Speed Limiter, Electric Windows£5,995 p/x welcome

2012/61 VOLKSWAGEN PASSAT 2.0 TDI BLUEMOTION TECH SPORT 5DR



£7,995 p/x welcome

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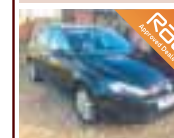
2008/08 FORD FOCUS 1.6 TDCI DPF STYLE 5DR



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Amount of Credit	£12,100.00
Interest Charges	£1,115.40
Arrangement Fee	£0.00
(usually payable in addition to the first monthly payment)	
Credit Arrangement Fee	£0.00
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Optional final payment*	£6,746.00
Fixed Rate of Interest	3.93% pa
Duration of Agreement	36 months
Total Amount Payable	£18,110.40
Excess Mileage Charge	£0.09
Based on an Annual Mileage of	8,000 pa
Representative APR	4.0%



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ADAM HATCHBACK 1.2i Glam 3dr (2012 -)
Personal Contract Purchase Representative Example

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On the Road Cash Price	£13,250.00
Customer Deposit	£2,300.00
Finance Deposit contribution	£1,700.00
Amount of Credit	£9,250.00
Interest Charges	£835.90
Arrangement Fee	£0.00
(usually payable in addition to the first monthly payment)	
Credit Arrangement Fee	£0.00
(usually payable in addition to the final monthly payment)	
Optional final payment*	£4,866.00
Fixed Rate of Interest	3.93% pa
Duration of Agreement	36 months
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Excess Mileage Charge	£0.09
Based on an Annual Mileage of	8,000 pa
Representative APR	4.0%

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Lanehouse Vauxhall makes sure kids have an 'eggs-ellent' time travelling over easter

LOCAL Vauxhall retailer, Lanehouse Vauxhall, with sites in Bridport and Weymouth is offering parents in Dorset a new way to keep their little ones amused on the road this Easter.

Long car journeys can be tough for young families in Dorset, with new research from Vauxhall Motors showing they can take a third (32%) longer when travelling with children. And, before even setting off, parents of kids under nine spend over half an hour (32 minutes) corralling the family into the car. This means that a four-hour drive will take approximately one hour and 16 minutes longer for parents with young children.

While parents in Dorset still make the most of classic car games, with the majority (59%) choosing eye spy as their preferred distraction, closely followed by sing-alongs (55%), and watching videos on a tablet or phone (50%), audio books also proved pop-

ular with one in five (21%) parents using them to keep kids happy in the backseat*.

To tackle boredom and help parents out while travelling, Dorset is offering a series of narrated stories on video, after Vauxhall teamed up with DJ, presenter and broadcaster, Edith Bowman.

Perfect for bedtime, afternoon naps or keeping little ones amused on long car journeys, the videos can be downloaded as audio or video, or streamed on car journeys through Vauxhall's in-car intelligence system, OnStar.

Based on popular stories written by children's author, Tracey Corderoy, and narrated by Edith Bowman, the three stories – Shifty McGifty and Slippery Sam, Shifty McGifty and Slippery Sam: The Cat Burglar and Hubble Bubble, Granny Trouble – from independent publisher Nosy Crow, were chosen for their popularity, and follow the exploits of two robber dogs who turn good, and a

very peculiar granny.

Narrator Edith Bowman comments: "Reading or listening to stories has always been something I've done with my kids from a very early age, both at home and on our travels. It's one of my favourite things to do as a parent, so being a bedtime storyteller was a dream for me. The idea is brilliant, using that time when kids are stuck in the car to entertain them, help them get some rest and give parents some peace!"

Dominic Avery, Company Director at Lanehouse Vauxhall, adds: "Vauxhall OnStar is a personal on-board assistant available across our vehicle range, offering Wi-Fi capability for up to seven devices, stolen vehicle assistance, automatic crash response and much more. Technology needs to enhance our customer's everyday lives and for us at Lanehouse Vauxhall, the little things like quiet, hassle-free car journeys with young children are worth every penny."

Vauxhall's Backseat Bedtime stories are available to view through the Vauxhall Motors website: www.vauxhall.co.uk/backseatbedtime

For further information on Vauxhall OnStar or any of the models at Vauxhall, please contact your local Lanehouse Vauxhall. Alternatively, go online to <http://www.lanehousevauxhall.co.uk/>.



▲ Edith Bowman reads for Vauxhall OnStar's Backseat Bedtime

*Top ten activities to keep children amused in the car:

1. Play Eye Spy (59%)
2. Sing-alongs (55%)
3. Watch videos on tablet or phone (50%)
4. Give them sweets (48%)
5. Play spot the red / yellow / blue car (45%)
6. Spot landmarks (35%)
7. Listen to audio books (21%)
8. Play the 'how long can you stay quiet for' game (16%)
9. Play 20 questions (12%)
10. Play 'In my suitcase' (6%)

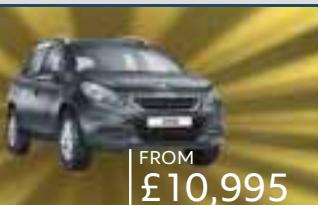
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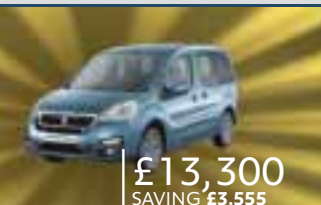
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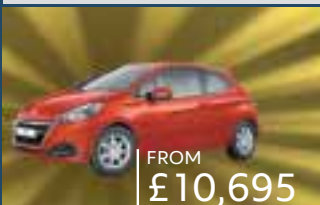
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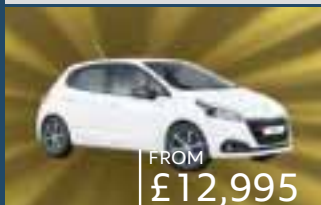
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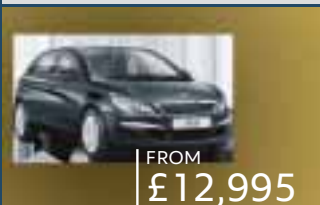
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WAS £4,995 NOW £4,495

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Automatic, Diesel, Pearlescent White with Black Leather Interior, 8,000 Miles, KN65 LLX **£17,495**

Peugeot 308 5 Door 1.6 e-HDi 115 Feline (s/s)



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Vauxhall Motors reveals the paw-fect parking manoeuvre with #parallelbarking

IT SEEMS you really can teach an old dog new tricks, as this week Vauxhall Motors put its all-new Vauxhall Corsa in the hands of a capable canine to test its latest Advanced Park Assist technology.

Step aside Jeremy Clarkson and enter Gerty the Boxer, the star of Vauxhall's new #ParallelBarking video. The minute-long clip features the daring dog execute the paw-fect parallel park, with no human assistance, leaving passers-by on Wimble-

don High Street dumb-founded.

Sitting in the driver's seat of the red Vauxhall Corsa SE, Gerty shows off the advanced technology of the new easy parking feature – from how it detects a parking space to automatically computing the perfect manoeuvre into the slot – demonstrating that parallel parking can be a walk in the park.

Gerty said, "People are often worried, even scared of parallel parking, especially if you've just passed your test and driving in a busy, built-up area. Through my acting debut in the Corsa with Advanced Park Assist I've demonstrated how this technology can help you find a parking space and steer you into the spot. You'd be barking mad not to try it out."

Advanced Park Assist is now available as an optional extra in the all-new Vauxhall Corsa, available from £8,995. The new Vauxhall Corsa offers additional features including OnStar and a class-leading IntelliLink infotainment system.

To view #ParallelBarking, visit po.st/parallelbarking.



▲ Vauxhall's new #ParallelBarking video

SsangYong's Easter bunny bounces in with special spring savings

SSANGYONG Motor UK has announced special savings on particular vehicles in stock until the end of March across its range of Korean built SUVs, 4x4s and seven-seater Turismo MPV.

Savings of up to £1,500 are available on a Korando ELX4, £2,250 on a Turismo ES auto MPV, and £3,000 on a Rexton ELX auto 4x4. Selected Tivoli petrol and diesel models can save between £1,000 and

£1,250, and there is also up to £1,500 available on the Korando Sports EX auto pick-up.

"There are only so many chocolate eggs one can eat over Easter, so for those thinking about a new car, we thought the opportunity to get out and test drive a new SsangYong and benefit from savings of up to £3,000 might be a good alternative to sitting in traffic to the coast or wildlife park," says

Paul Williams, CEO of SsangYong Motor UK.

"SsangYong was the second fastest growing new car brand last year, and March looks like being our best ever month, so we're keen to maintain that momentum by sharing these special incentives with our customers.

"We have a great range of cars, and our dealers can talk to you about a wide range of purchase options available including PCPs," he added.



▲ SsangYong Tivoli SUV



▲ SsangYong Rexton 4x4



Harbour Bonfield Ltd

16 (65) FORD KUGA TITANIUM 2.0 TDCi, 180ps, 6 Speed Manual in Frozen White, AWD, Keyless Entry, Power Tailgate, Appearance Pack, Convenience Pack, Roof Rails, Sony DAB/Sat Nav, Rear Camera, 18" Alloys, Sync, Delivery miles only**£26,995**

16 (65) FORD FOCUS ESTATE ZETEC 1.5 TDCi, 120ps, in Magnetic Metallic, Sync 2/Sat Nav, Roof Rails, Reverse Park Sensors, Rear View Camera, Delivery miles only**£19,995**

13 (13) FORD C-MAX TITANIUM 1.0 Petrol in Micastone Met, 125ps, 5 Door MPV, Sony Radio/CD, Bluetooth, Cruise Control, Auto Lights/Wipers, Park Assist, Frt & Rear Park Sensors, Power Folding Mirrors, Power Button Start, Elec. Windows, Climate Control, Keyless Entry, One Local Owner, 13000 mile appx**£12,595**

14 (14) FORD B-MAX TITANIUM 1.6 TDCi in Frozen White, Alloys, Cruise Control, 14 Sync, Sony Radio/CD, Auto Headlamps, Auto Wipers, One Local Owner, 17000 miles appx**£11,695**

12 (12) FORD C-MAX TITANIUM 1.6 Ecoboost, 150 ps Petrol in Moondust Silver Metallic, MPV, Alloys, Radio/CD, A/C, Remote Central Locking One Local Owner, 19800 miles appx**£11,295**

12 (62) FORD FOCUS TITANIUM 1.0 Petrol, 125 ps, Ecoboost, 5 Door Hatchback in Candy Red Pearlescent, Alloys, A/C, Sony Radio/CD, Cruise Control, Sync (Bluetooth), Rear Park Sensors, Remote Central Locking, Locally Owned, 16000 miles appx**£10,695**

12 (62) FORD B-MAX TITANIUM 1.6 TDCi, 5 Door Hatchback in Copper Pulse, Alloys, Sony Radio/CD, Climate Control, Auto Headlights/Wipers, Cruise Control, Sync, Power Folding Mirrors, Power Button Start, USB, Locally Owned, 16200 miles appx**£10,595**

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ENGINE SIZE: 1.6
TRANS: Manual
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COLOUR: WHITE

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TRANS: Manual
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MILEAGE: 500
COLOUR: RED

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ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 6800
COLOUR: GREY

FIAT 500X MULTIAIR POP STAR

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DOORS: 5
ENGINE SIZE: 1.4
TRANS: Manual
FUEL: Petrol
MILEAGE: 4500
COLOUR: GREEN

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TRANS: Manual
FUEL: Diesel
MILEAGE: 6500
COLOUR: BLUE

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ENGINE SIZE: 1.2
TRANS: Manual
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ENGINE SIZE: 0.9
TRANS: Manual
FUEL: Petrol
MILEAGE: 7900
COLOUR: PINK

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DOORS: 3
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 11100
COLOUR: GREEN

FIAT 500L POP STAR

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.4
TRANS: Manual
FUEL: Petrol
MILEAGE: 5000
COLOUR: METALLIC GREY

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REG: 2015 (65)
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ENGINE SIZE: 2.0
TRANS: Automatic
FUEL: Diesel
MILEAGE: 6000
COLOUR: BLACK

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 0.9
TRANS: Manual
FUEL: Petrol
MILEAGE: 50
COLOUR: ALUMINIUM/SILVER

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ENGINE SIZE: 0.9
TRANS: Automatic
FUEL: Petrol
MILEAGE: 5
COLOUR: ALUMINIUM/SILVER

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FUEL: Petrol
MILEAGE: 4200
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FUEL: Diesel
MILEAGE: 7000
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ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4522
COLOUR: GREY

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TRANS: Automatic
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MILEAGE: 1000
COLOUR: BLUE

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 3000
COLOUR: ALUMINIUM/SILVER

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ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4500
COLOUR: BLACK

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DOORS: 5
ENGINE SIZE: 2.3
TRANS: Automatic
FUEL: Diesel
MILEAGE: 9300
COLOUR: WHITE

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Automatic
FUEL: Petrol
MILEAGE: 1600
COLOUR: BLUE

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
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WEYMOUTH	38	64
Kettering Town	36	60
Dunstable Town	37	56
King's Lynn Town	37	56
DORCHESTER TOWN	39	55
Biggleswade Town	39	53
Cirencester Town	39	53
Slough Town	39	51
Merthyr Town	38	50
Chesham Utd	36	50
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St Neots Town	40	44
Stratford Town	36	43
Cambridge City	36	42
Histon	40	36
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Bideford	36	24

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Hamworthy Utd Res	25	38
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Dorset Senior (20)	Pld	Pts
Chickereil Utd	15	34
Witchampton Utd	14	29*
Dorchester Sports	15	26
Sturm Newton Utd	16	24
Gillingham Town Res	12	23
Westlands Sports Res	14	21
Corfe Mullen Utd	16	17
Piddletrenthide Spart	17	16
Poole Borough	18	15
Portland Utd Reserves	12	13
Blandford Utd Reserves	13	10

Dorset Div One (16)	Pld	Pts
Milborne Port	12	29
Boscombe Polonia	14	29
Wincanton Town Res	13	24
Dorchester Sports Res	14	20
Canford Utd	15	19
Shaftesbury Town Res	11	18
Swanage T & H Res	10	10
Gillingham Town A	12	6
Portland Town A	12	5

Dorset Div Two (24)	Pld	Pts
Broadstone	18	37
Chickereil Utd Res	13	32
Parley Sports Reserves	17	32
Corfe Castle	14	28
Mere Town Reserves	18	27
AFC Blandford	23	23
Tisbury	14	22
Puddletown	15	20
Wool & Winfrith	18	18
AFC Milborne	17	18
Wareham Rangers Res	15	14
Piddletrenthide Utd	18	10
Portsmouth Utd	15	7

Dorset Div Three (16)	Pld	Pts
Portland Utd Youth	12	34
Maiden Newton & Cat	15	24
Broadstone Reserves	15	19
Portland Town Res	13	18
Milborne Port Res	11	17
Sturm Newton Res	12	16
Sturbridge	14	16
Owermogine	12	14
Handley Sports	14	9

Dorset Div Four (20)	Pld	Pts
Marnhull	15	37
Sturm Marshall Res	14	34
Donhead Utd	16	32
Pimperne Sports Soc	18	27
Portland Town A	14	23
UFC Poundbury	15	17
Corfe Mullen Utd Res	15	17
Kangaroos	16	16
Wool & Winfrith Res	13	16
South Cheriton Res	13	12
AFC Blandford Res	13	9

Dorset Div Five (14)	Pld	Pts
Portland Town B	19	45
Okeford Utd	13	35
Lytchett & Upton	15	27
Marnhull Reserves	15	25
Chickereil Utd Res	18	23
Corfe Castle Reserves	12	17
Crossways Spitfires	19	6
Wool & Winfrith A	15	5

Football round-up

Chickerell fight off Witches challenge

Terras squeeze past
dogged Robins

Bideford 0 Weymouth 2

Evostik Southern Premier - att; 153
WEYMOUTH kept up their pursuit of a Evo-Stik Southern Premier League play-off place with victory over a dogged Bideford side who only a week earlier had put a dent in local rivals Dorchester Town's own aspirations.

The hosts recorded only their fourth win of the season at The Avenue and were looking to continue their unbeaten three match run, but were beaten by two second half goals from Jordan Copp and Ben Thomson's last minute goal.

This was the Terras third consecutive win and keeps the pressure on the sides above them.

Bideford had only scored one goal in their last eight home matches, and never really looked like adding to that total, although they made it hard for the Terras.

The first effort of any significance from either side wasn't until Dean Evans, allowed a free shot at goal fired wide from 18 yards.

Ian Sampson's superb curling effort on the half hour was equally well dealt with by Jason Matthews who tipped his effort over the crossbar, in what was became a feisty first half.

The Terras struck on 54 minutes when Copp, looking suspiciously off-side, rolled the ball past Robins keeper Kyle Moore from George Rigg's well placed pass.

Thomson then raised the temperature again when he flattened Matt Andrew for which he rightly was given a yellow card.

The home midfielder almost got his revenge soon after, but his half volley just dipped over the bar on to the roof of the net.

Andrew and Kevin Squire then both had chances to play in better placed teammates, but instead went for glory and fired over and straight at Matthews respectively, before Billy Tucker curled a 25 yard shot just over.

Then in the 90th minute Thomson made sure of the points when again from a suspiciously offside position he cut in from the left before firing past Moore.

Terras toppled by Gale

Dorset Premier League

A SUPERB strike from the prolific Lee Gale and a Jamie Harris free-kick in the second half moved Shaftesbury Town one step closer the Dorset Premier League title with a 2-0 victory at WEYMOUTH RESERVES.

The Terras second string had their

chances but failed to convert and remain fourth in the table ahead of Saturday's trip to face midtablers Westland Sports (3pm ko).

BALTI SPORTS haven't given up the chase and remain on The Rockies coat tails after a 3-1 home win over Mere Town made it four victories on the spin.

Next up for Balti is Saturday's visit by third-placed Merley Cobhams Sports (3pm).

Dorset League Senior Division

CHICKERELL UNITED retained control at the top of the table after fighting off the challenge of second placed Witchampton United with a 1-1 draw. Warren White netted for the Chickens with Liam Cullen on target for the hosts.

Dorchester Sports stay in the top three thanks to a 3-2 win at Westland Sports. Sturminster Newton United stay fourth after a 2-0 win at Corfe Mullen United.

DORSET DIVISION ONE

BOSCOMBE Polonia missed a chance to move top they went down 3-2 at Shaftesbury Town Reserves Jamie Lever, David Cull and Mark Doble netted for the hosts.

Swanage Town & Herston moved further away from the drop zone with goals from Sam Peacock and Garan

Bennett in a 2-0 victory over Portland Town.

Wincanton Town Reserves stay in the top three following their 3-0 victory over Gillingham Town A with goals from Connor Fletcher, Daniel Costello and Ryan Smith.

DIVISION TWO

AN Aiden Carter hat-trick helped leaders Broadstone maintain their five-point advantage at the top with a 4-1 win against AFC Milborne.

CHICKERELL UNITED RESERVES, with five games in hand, are still in contention for the title after Josh Why, Oscar Priest and an own goal secured a 3-1 win against Tisbury.

Corfe Castle thrashed PORTESHAM United 7-0 with goals from Matt Suttle (2), Arran Brassington (2), Jack Hector, Ryan Norman and Alex Gousseau.

Wareham Rangers edged further from the foot of the table with a 4-3 win over visiting Puddletown.

The remaining game saw Wool & Winfrith and AFC Blandford battle out a 4-4 draw.

DIVISION THREE

PORTLAND UNITED YOUTH have become the first Dorset Saturday team to win their league title.

The silverware was assured with a comfortable 3-0 triumph at second-

placed MAIDEN NEWTON & CATTON.

Broadstone Reserves moved up into the top three when they won 3-1 at PORTLAND TOWN RESERVES 3-1 with goals from Dave Elliott, Sam Clemence and Luke Bascombe.

DIVISION FOUR

LEADERS Marnhull maintained their three point cushion after a 3-1 win against PORTLAND TOWN A. Alex Counter scored the visitors' consolation.

Sturminster Marshall Reserves stop in second place after their 5-1 victory at Pimperne with the hosts' goal coming from Tom Haines.

Donhead United stay in third spot after their 3-0 win against their hosts AFC Blandford Reserves

Corfe Mullen moved up a place after their 2-0 win against UFC POUNDBURY with goals from Matt Light and James Davies.

DIVISION FIVE

TITLE favourites PORTLAND TOWN B maintained their 10 point lead after hammering Wool & Winfrith A 6-1.

Paul Cole helped himself to a hat-trick and there were singles from Tom Skelcher, Luke Barber and Dave Adkins.

Finally, second placed Okeford Utd won 2-0 at CHICKERELL UTD A 2-0.

Exciting close to indoor youth cricket leagues

ONCE again the gathered crowd witnessed cricket of the highest standard as the West Dorset Indoor League continued to provide thrilling matches and great entertainment at The Osprey Leisure Centre.

Weymouth U16 87-3 beat

Martinstown 84-2 by 3wks

WITH the mini series between these two sides standing at 3-2 in Weymouth's favour there was all to play for in their final encounter of the season.

Batting first, Martinstown found runs hard to come by against an accurate Weymouth attack with only 39 coming from the first six overs.

Joe James produced an excellent spell of 3-1-14-1 and, with Tom Chedzoy only conceding 12 runs from his three overs, the Martinstown batsman, led by a fine unbeaten 29 from Joe Kane, had to fight for every run.

Weymouth kept the pressure up with an outstanding display in the field and despite only taking two wickets limited Martinstown to a below par 84.

In reply, Martinstown's Will Maltby began with a maiden as they also bowled and fielded well making keeping a tight rein on the Weymouth batsman.

But Dominic Webb (27 no) and Joe Adkins (23 no) kept up with the required run rate up as the game built to a thrilling climax.

Martinstown never gave up and S.Breaks (3-0-23-2) removed both Alfrod and Chedzoy without either troubling the scorer. However, the returning Webb sealed victory, and a 4-2 series win, with a well-struck eight to the back wall with 12 balls to spare.

Martinstown 109-1 beat

Puddletown 108-2 by 5wks

UNBEATEN Martinstown clinched the under 12s title with a thrilling win over a battling Puddletown.

Batting first Puddletown, led by a well judged innings from Bradley Marsh (42 no), fought hard against a well drilled Martinstown who gave very little away in the field.

Bradley received good support from Fergus Dibble (22) but Martinstown continued to keep things tight in the field resulting in two classic

run outs as they restricted Puddletown to 108 at the close of the innings.

Chasing a moderate total Martinstown attacked from the start with excellent shot placement and superb running.

David Offer led the way with 25 not out well supported by David Lewis (18) as 52 runs came off the first four overs.

With the lose of Lewis and retirement of Offer Martinstown's Seb Gallego 36 not out and Angus Bradley 27 not out took over and punished anything wayward and with a succession of well placed shots sealing victory, and the title, with 22 balls to spare.

The under 14s title race remains wide open after the latest round of the West Dorset Indoor League at The Osprey Leisure Centre.

Weymouth U14 123-4 beat

Charlton Down 122-5 by 2wks

BATTING first, Charlton Down got off to a flyer with openers Henry Dipple (54) and Cameron Robinson (40 no) piling up 58 runs off the first four overs.

With these two retiring Weymouth slowed the run rate with the accurate Jack Taylor being the pick of their bowling returning excellent figures of 3-0-11-1 as the game balanced on a knife edge.

Two run outs, and a wicket for Ben Alfrod, looked to have put Weymouth in the ascendancy as the run rate slowed, however the returning openers batted with gusto as Charlton Down set Weymouth a challenging 123 for victory.

Weymouth's reply began badly with Alfrod (4) run out in the first over. However, Nathan Quinn (42 no) and Jack Taylor (16) repaired the damage with an excellent stand of 66 runs as they kept just ahead of the required run rate.

Taylor was dismissed by well judged catch from Harrington off the bowling of Dipple (3-0-32-2), Oliver Gordan was run out for 4 and Dipple took his second wicket as wicketkeeper Robinson took a smart catch.

With the game building to an exciting finish Quinn, in partnership with Billy Baker (36 no), punished anything short and saw Weymouth home with eight balls to spare.

Beaminster 169-4 beat



◆ WORTHY CHAMPIONS:
Martinstown under 12s
who went through the
season undefeated

Bere Regis 80-4 by 89 runs

BEAMINSTER racked up 169-4 in an impressive display of attacking batting against a battling Bere Regis who never let their heads drop.

Beaminster lost Tom Kiddle cleaned bowled for a duck by Lewis Elliot (3-0-18-1). But a stand of 46 between Lewis Keenan and Fergus Rees (13) repaired the damage.

Bere Regis continued to battle and some fine fielding yielded three run-outs as Beaminster looked for quick runs.

Adam Moss (30 no) and James Page (38 no) pushed the score up to a challenging 169 as their impressive innings drew to a close.

Beaminster's soon struck with Jacob George run out for 2 and the classy James Page (3-0-10-1) clean bowling Tom Padgett for a duck as they looked to apply pressure from the start.

Bere Regis fought hard but never got on top of a fired up attack, but a stubborn innings of 32no from Edward Woodhouse and Louis Moore (14

no) gave their score a boost. But never looked like overhauling their target as Beaminster ran out worthy winners by 89 runs.

Beaminster 108-0 beat

Charlton Down 107-5 by 6wks

A FINE display in the field gave Beaminster their second victory of the day and kept them in contention for the title as they beat Charlton Down by 6 wks.

Beaminster didn't have it all there own way as a fine 27 from Harry Akerman set Beaminster an awkward total.

But the Beaminster's cruised to victory with four overs to spare with Adam Moss top scoring with 27 not out, well supported by Lewis Keenan (25no) and James Page (23no).

With these two wins Beaminster sit joint top of the league with Martinstown both teams having identical records as the competition enters it's final two weeks.

An eye on the Bees - Bridport FC

WITH STUART BROOM

Bees dismal run continues

Bridport 0 Longwell Green Sports 3
BRIDPORT'S dismal run continued on Saturday at St Mary's Field when they were beaten by lowly Longwell Green Sports.

The defeat means the Bees have only won once in 2016, having lost the other six, and has left manager Trevor Senior baffled by it.

"I can't put my finger on it, both the management and players are baffled. They seem to be able to raise their game against the better sides, but can't do it every time; they have played very well in the last two games against better sides.

"Also suspensions and injuries have hit us, and both Chris Clarke and Shane Evans were playing with injuries, and really need a rest."

He added: "To be fair to Longwell they are a workmanlike side, but they weren't great, but they got the points and our poor run continues.

Bridport started brightly. Blair had a shot on goal before Sports opened the scoring on 12 minutes with John McAlinden powerfully heading home a corner.

Jamie Beasley went close with one of his trademark pile driver cross shots that just missed the far post by a foot, and Matt Condliffe had his cross-cum-shot tipped over by the keeper.

Sports played the long ball game and harried Bridport, and despite the Bees more cultured approach they never really troubled the visiting keeper again in the first half.

The second half was much the same with Bridport coming out in determined mood. Beasley went close and skipper Chris Clarke saw another teasing swirling ball tipped over the crossbar, whilst Shane Evans rescued the Bees by clearing a shot off the line with Josh Hadley beaten.

late double conceded

Then in the final 11 minutes Sports scored two fortunate goals to secure them three valuable points in their fight against relegation.

Hayter made not only one but two superb block tackle on Connor Davies just inside the penalty area, and on each occasion the ball rebounded back to the same player, who with Hayter now grounded claimed third time lucky, by firing past Hadley.

Then in the third minute of added time a complete shanked effort at goal went at right angles to the unmarked Ross Beazer who had a clear shot on goal.

The Bees boss said: "Everybody contributed during parts of the game, but for some reason weren't consistent throughout. Tom Blair was the only excep-

tion, he did very well.

We just didn't manage to get into the game, and whilst Tom Richardson got more into it in the second half alongside Blair, we found it difficult.

"I felt sorry for Mark Salter who worked tirelessly up front without reward, and Ryan Dovell who also worked hard, whilst at the back Ryan Hayter was his reliable self, but we just couldn't find the spark."

Reflecting on the two late goals which gave an unfair reflection on the result Senior said: "When the ball doesn't bounce for you, the ball doesn't bounce for you. Both goals were unfortunate to say the least."

Lots of positives in Recesses defeat

Holt United 3 Bridport Reserves 2
Dorset Premier Division

DESPITE defeat, Bridport Reserves manager Shaun Annetts claimed plenty of positives from his side's performance.

Their season has been decimated by the weather and apart from a game in mid-January they only got back to competitive action last week after three months absence when they drew 2-2 with Hamworthy United Reserves.

They have spent the time since Christmas working closely with the Bridport youth teams; part of the club's policy to integrate the town's youth into senior football; and that is starting to pay dividends.

Annetts said: "Since Christmas we've formed a very close relationship with the Under 16's which was always going to be the plan, and we have signed 11 of the team on.

"They train with us every Tuesday and we have a great relationship, and in every squad since the New Year, regardless of whether the game was ultimately postponed, I have included two or three of them."

Saturday was no different with three making their debuts for the club, whilst three others who progressed through the system were playing for the first time.

With Ashley Weeks having left the club, and Josh Hadley having stepped up to the first team, Annetts was short of a keeper and asked the versatile and loyal Jamie Fry to step between the sticks.

Unfortunately Fry, aggravated a long-standing hip problem which badly restricted his movement, and

despite a courageous display was unable to prevent the three Holt goals which normally have been meat and drink to him.

Annetts explained: "Jamie has a hip problem which is worse than we thought and seized up during the game. It severely hampered his movement, and with my decision to start with three at the back, it meant he was unable to sweep at the back as he normally would, and they got in behind us three times in the first half. That is no reflection on Jamie who once again gave his all, if I had known how bad it was I would not have played him, but he tried to help us out."

Bridport started much the better side and their dominance was rewarded on 15 minutes when Will Gape was fouled on the edge of the box, and Sam Day expertly curled the free kick around the wall into the bottom corner of the net.

However, 10 minutes later Holt equalised with the first of three similar goals, playing the ball in behind the back three with Fry unable to come out and clear, to take a 3-1 interval lead.

Playing with the slight slope and the breeze behind them Bridport dominated the second half with Fry a virtual spectator.

Rhys Hughes-Williams, making his debut, making a big impression, and he almost scored following a lovely turn and swivel, but his shot was superbly tipped away by the Holt keeper.

neat header

Playing good football on a difficult surface, Bridport pulled back a goal on 65 minutes when Jack Scovell, back from university, got on the end of a cross to glance a delicate header into the corner.

With Holt now on the back foot, Bridport stormed forward and hit the crossbar, struck the post twice and had another effort cleared off the line, but could not force an equaliser they more than merited.

Annetts concluded: "Despite being without five of our more experienced players missing, we could have won the game, and there were a lot of positives to take from the game, not least the young talent that is coming through.

Rhys played exceptionally well up front for 80 minutes. He linked up well with Josh Hunter playing alongside of him, and did the under 16s proud. He wasn't afraid to get his foot in and tackle, pressed the defenders and linked up well.

Two other lads, Callum Middleton and Jake Rowland both came off the bench and didn't look out of place either."

Squash

Promotion a possibility

AS the season reaches its climax, two of Bridport's squash teams are in a strong position to clinch promotion in the Dorset Squash League.

Bridport 1sts currently head Division Two with one game left to play. They have 220 points and lead by 16 from Two Riversmeet Leisure Centre 2nds who have one game in hand.

They meet their Christchurch rivals in their final game on Thursday, April 28th and with 20 points per match at stake, this could be the decider.

Bridport 3rds are also top of Division Four at present but, with two games to play, only have a 10-point lead over Canford 2nds who have a game in hand, and this is another situation that could go to the wire.

Bridport 2nds are third from bottom of Division Three and, having played more games than the two below them, need to pick up some heavy points to prevent being drawn into a relegation battle.

Bridport & West Dorset Golf

WITH PETER CROWTER

Improved weather brings good scores

Men's Section

IT WAS a cloudy with a cold wind on Sunday for the men's Stableford competition but there was a good turnout of 56 starters.

Despite the cold 21 players scored 36 points or more. The best nett scores were in Division Three where Tony Burwood led with 41 points and following him the next four players all carded 39.

Patrick Hart enjoyed a three-point lead in Division Two with 40 points and club captain Ian Kearley was among the prize-winners, coming third (after count-back with three others) with 36.

Thirty-nine points were enough to take Division One for Phil Winton and runner-up was Mike Savage with 38.

Results: Division One; 1st Phil Winton(11) 39 points. 2nd (acb) Mike Savage(9) 38. 3rd Dave Franks(10) 38.

Division Two; 1st Pat Hart(13) 40. 2nd Doug Miners(14) 37. 3rd (acb) Ian Kearley(13) 36.

Division Three; 1st Tony Burwood(22) 41. 2nd (acb) Derek Griggs(25) 39. 3rd (acb) Patrick Harper(20) 39. Burwood received a one shot handicap cut.

Veterans' Section

A FINE sunny day greeted the veterans' Thursday competition and 41 players took the field.

Some of the vets were playing in the first match of the season a 4-2 defeat away versus Taunton & Pickering, so this was a Self-Entry, Single Division Stableford.

After the modest scores of last week things



◆ **CHOCFUL OF PRIZES:** Lady Captain Pat Baldwin (in purple) surrounded by some of the Ladies who contributed to the Easter Egg Competition.

seem to be back to normal. The clear winner with a four-point cushion with 41 points was Colin Hore. Long time vets member Terry Kearley came home second after count back from Brian Fearon with 37.

Results: 1st Colin Hore(18) 41 points. 2nd (acb) Terry Kearley(22) 37. 3rd Brian Fearon(13) 37. 4th (acb) Bryan Holmes(19) 36. 5th Roy Gill(13) 36.

Hore received a two-shot handicap cut and Kearley a one-shot cut

Ladies' Section by Di Neal

The ladies played an Easter Egg Bowmaker in sunshine and no wind on Saturday and some good scores were recorded.

The winners with 75 points were Liz

Thompson, Sally Woolmington & Wendy Newton followed by Carole Brown, Avril Brown & Sue Winkle on 69. Third place went to Judy Walters, Pat Baldwin & Janie Dowling with 67.

Tuesday saw the same format and again conditions were lovely this time the winners with 69 points were Di Edwards, Jane White & Sandra March 67 points, second were Nicky Stone, Wendy Newton & Heather Boyle 65 and the last of the prize winners were Sally Woolmington, Madeline Skelly & Sue Pollock 64.

On both days the Ladies brought delicious Easter eggs which are being given to Dorset Young Carers, Pat Baldwin's charity this year.

Bowls

Dorch defeated

Bridport & West Dorset Indoor Club

BRIDPORT'S Mixed Friendly side played host to DORCHESTER and came out on top, winning 85-58.

David Jenkin, Beryl Stork, Roger Cowmeadow & Mary Hansford took the top rink award; a 4, 1, 4, 2 finish giving them a 28-12 win, whilst Lyn Sandall, Brian Parker, Pat Cowmeadow & Mike Craddock came from 8-9 down to win 21-14.

A three count on their final end saw Sylvia and Mike Fletcher, Mary Corfield & Mel Hargett win 19-15. Sandra Hargett, Nova Varney, Brian Baker & Peter Sandall fought back from 10-16 down to draw 17-17.

Pam Gray, Gerry Moss, Barbara Jenkins & David Aylott were Bridport's only winning rink against YEOVIL. They won 17-12, but Yeovil won the match 57-47 as the Fletcher's, Parker & Mel Hargett lost 17-19 and Sandra Hargett, Harry Gray, John Boxall & Keith Jenkins went down 13-26.

Lyme Regis Golf

Harry by a nose

IN THE final Winter League fixture Harry Harris came top with a well grafted 39 points to just finish one ahead of another good performance from George Yorke.

Simon Brown came in with 36 points to take 3rd place. The Ladies stableford proved to be a competitive affair with Division One headed by Sandra Shaw with 35 points just a point ahead of Jenny Scott and Diane Harris who finished 2nd and 3rd both on 34 points.

A gold star with the best score of the day belonged to Division Two winner Ronny Turner with 37 points to finish four clear of Jane Broom (33) and Kim Beauchamp 3rd with 31.

Successful race night

UPLYME Football Club held their annual Race Night at the Talbot Arms on Saturday.

The event was well attended and an excited house raised a total of just over £1200.

The Club lost a number of fixtures to the weather over the winter and are planning to carry out much needed drainage works to the pitch in the close season. The monies raised have provided a timely boost to Club funds.

The Club wish to express thanks to Race Sponsors: Graham White (Auto Whites), Gavin Fowler, Hook Farm Camping & Caravan Park, Andy Fowkes, The Salon Charmouth, Bill & Maggie Trundle, Charmouth Bakery, John Hall, Terry's Taxis, Steve Prendeville (Dent Devils), Sovereign Coaches, Andy & Teresa Cleere, Lyme Regis Amusement Arcade, Adrian Newbatt, The Talbot Arms and Scott & Rose Barton.

Bridport Skittles

UPCOMING cup fixtures for week beginning March 28th
Portman Handicap (R4) Tuesday, March 29th
Rejects v Nelson Nobblers (9).
Wednesday, March 30th
Aussies Lot v Brandy Snaps (8).
Thursday, March 31st
Pioneers (20) v Originals.
Friday, April 1st
Hidden Talent (33) v L.H.S.

Cup Winners Cup SF
Tuesday, March 29th
BRIDPORT FC - Originals (5) v Shipfaced.
Thursday, March 31st
BRADPOLE CLUB - Brandy Snaps (15) v Wanderers.

Nomination Cup Final
Wednesday, March 30th
LODERS ARMS - Wanderers v Rockets.

American football

WEST Dorset's American football team the Jurassic Coast Raptors' schedule for the 2016 season in the Southern Football Conference Division Two (W) is as follows;
Home games
(Played at Dorchester RFC - DT1 2HX)
May 22nd v Oxford
Jun 26th v Cornish
July 10th v Swindon
July 24th v Bristol
August 14th v Torbay

Away games
April 10th v Swindon
April 24th v Cornish
May 8th v Bristol
June 12th v Torbay
July 31st v Oxford



Bridport Darts

Division One	Pld	Pts
Rob's Robbers	17	29
Rubber Johns	19	29
BSC	16	26
Fleet Street Five	18	24
Nomads	17	20
Hands of Time	18	19
Nags Head A	17	13
It's in the Middle	18	13
Odd n' But Treble	18	8
Odds or Us	19	8
Young Darters	17	5

Division Two

Pld	Pts
Les Miserables	17 29
Elders	16 26
One for the Vikings	17 24
Respect-de-Bull	17 23
Dat Team	16 21
Anchor V Viewers	17 11
Otter Rotters	16 9
Poachers	16 8
Royal Hawks	15 6
Time Bombs	15 5

Division Three

Pld	Pts
Anchor Five	16 28
Tiger Bees	16 20
Flashes Fives	16 18
Mis Fits	17 18
No Direction	15 17
The Surgeons	16 16
Midnight Runners	16 16
Only Just	16 14
3 Become 1	16 12
The Royal Nuts	16 1

Division Four

Pld	Pts
Dart Vaders	15 27
Wicked Team Name	17 23
The Nameless	16 22
Whamo	16 18
Dodgers	15 17
Odds & Sods	17 16
Thunder Birds AG	15 12
Sorted Odds	17 12
Mozzies Heroes	16 7
Ace of Clubs	16 6

Ladies Division 1

Pld	Pts
Anchor Aces	23 40
Arrows Awry	23 33
Tender Trap	23 32
Sue's Rebels	23 24
Clocking On	23 22
Queen Bees	23 18
Against the Odds	23 12
Castaways	23 3

Ladies Division 2

Pld	Pts
Queenies OTC	27 43
Up and Downers	25 34
Next Door	27 31
Wildcats	24 24
Good Mates	25 24
Wrong Bed	26 21
Anchors Aweigh	25 20
Charlie's Angels	25 18
Tiger Stripes	24 13

180s: D1 - M.Fisher x8, D2 - S.Crabb, A.Coutts & P.Rowley all x3, D3 - R.Hayter & S.West both x2, D4 - A.Page (Wicket TN) x3, LD1 - S.James x2, LD2 - T.Wayland (Wrong Bed) x1.

Lyme Darts

Pld	Pts
Rousdon Club	19 38
Nags Head A	20 35
Rock Point	18 29
Nags Z	19 26
Four Play	20 25
Janners	19 20
Hunters Lodge	18 15
Talbot Arms	20 13
Royal Standard	17 10
Cobb Arms	19 9
Four's Company	20 4
Half an Octopus	17 2

180s leaders: C.Higgs (7), M.Barnett & T.Prowse (both 6), R.Cross (5), D.Herbert (4), A.Reid, T.Young & T.Peadon (all 3).

Send all your sports news, reports, fixtures and photos to; howard@pemedial.co.uk

Bridport Rugby

Revenge is sweet for rampant Blues

Bridport 37 Dorchester 3

AFTER Bridport's agonising 24-22 defeat away at Dorchester back in December, having led 22-0 at half time, there was plenty at stake for the home side.

With a large and partisan crowd urging them on they were able to put the record straight, with an emphatic 37-3 victory, scoring six tries in the process.

Early exchanges set the tone of the match, as befits a local derby, but it was Bridport who opened the scoring with Dave Cutting getting over the line from a stolen Dorchester lineout. The kick came back off the posts.

The home side continued to press and Dorchester did well to repel a number of attacks, albeit at the cost of a yellow card. Down to 14 the visitors lost a scrum against the head in a vulnerable position and Ayo Fraser glided through to score under the posts. Ricky Stubbs added the conversion.

Dorchester's best chance of a score was snuffed out by a great covering tackle from Ali McNab, but in the resulting scramble Bridport incurred a yellow card for a high tackle, and from the penalty the visitors claimed what was to be their only points.

As the half came to an end Bridport's forwards were in the ascendancy and Dorchester on the back foot, conceding another penalty, kicked successfully by Stubbs to make the score 15-3.

The pattern continued in the second half with Dorchester losing a player to a straight red card and forced

to defend most of the time.

Another stolen lineout and another try from short range, this time courtesy of a determined Tim Edwards. The resulting kick was missed.

As a variation on a theme, the hosts set up a rolling maul from yet another lineout, from which James Tuck broke free to score virtually unchallenged.

As the visitors tired, Bridport's backs enjoyed more space and were rewarded with a sharply taken try from George Pearce, and a very well worked move led to a great score from McNab, the conversion added by Stubbs.

All in all a good day at the office for the home side.

Lychett Minster and Blandford v Bridport U10s

BRIDPORT took on Lychett Minster first and the young Blues started strongly with new recruit Benji Lopez Garcia opening his account with a well taken try.

Patrick May supplied the second and good support play led to the third via Mali Titcombe James.

Charles Edwards set up Luke O'Neil with an excellent pass for the fourth, Charlie Brake ripped the ball from his opposite number to touch down the fifth and Edwards stormed down the touchline for the sixth try.

Abi Alner put the icing on the cake with a delightful dummy and a try in the corner.

In truth the opposition were not strong and Bridport were culpable of some lacklustre tackling, allowing Ly-

chett two rather soft tries in return.

This pattern was repeated in the second game against a much stronger Blandford side where weak tackling gifted three tries to the opposition, making life harder than it needed to be.

Nevertheless Bridport fought back with a try from Edwards and another from O'Neil. Then in the dying seconds Edwards secured the equaliser with a great individual effort to save the blushes of his teammates.

Despite the defensive lapses there was plenty to applaud, with useful contributions from all the players. Abi Alner was Player of the Day.

D&W D2 (S)	Pld	+/	Pts
Yeovil	19	753	91
Bournemouth III	19	542	82
WEYMOUTH & PORT'ND	19	319	79
New Milton II	19	389	70
BRIDPORT	19	79	53
Wheatshaf Cabin Crew	19	-127	42
PUDDLETOWN	19	-250	27
Ellingham & Ringwood II	19	-161	25
North Dorset III	19	-192	23
DORCHESTER II	19	-337	23
Poole	19	-554	20
Fordingbridge II	19	-461	-11

Two wins for Woodroffe

THE Woodroffe School Under 13 girls cricket team recently took part in the Dorset County Indoor finals at Canford School.

The tournament was played on a knock-out basis and the team faced a tough opening game against **Bournemouth School for Girls**.

Asked to bat first the Trafford twins delivered an opening partnership of 22 before Evie was run out. Rose remained not out on 24.

Emily Wright also contributed to a final team score of 76 from the allocated eight overs with a fine knock of 17 which included two sixes.

Rose opened the bowling and had a wicket in her first over but the other bowlers struggled until Frankie Steed took two wickets.

But it was a little too late and BSG passed the total with three wickets to spare.



◆ HOWZAT: The Woodroffe Girls U13 team

Playing in a first round losers match the team then defeated the Bournemouth-based **Leaf Academy** by 80 runs.

Rose again topped scored with 20 and well supported by Rachel Dowding (19). The opposition were dismissed for just 35.

The girls then played **Shaftesbury School** and scored a massive 134. Evie 24 not out, and Imogen Waterhouse 20 in-

cluding two sixes were the top scorers. Shaftesbury was restricted to 63 all out.

The result gave the girls a fifth place finish based on the unorthodox way in which the tournament was organised, but the team can be pleased with their efforts. There will be more cricket sessions for girls at Uplyme Cricket Club on Saturday mornings from April 16th from 9.30 to 11am. All girls are welcome.

Hard work pays off

HARD work and enthusiasm throughout the years paid off for Parrett & Axe as their teams won both the A and B team cups in the third and final round of the West Dorset Primary School Cross Country Championships held at

The Sir John Colfox Academy last week.

The relay competition saw 34 team's from ten schools comprising two boys and two girls completing over two laps, a total of 1600m.

The Mosterton School

consistently enter more runners than any other school in the area; showing the pupils enthusiasm for the sport; and their A team sped home just seconds ahead of Symonds-bury A, with St Catherine's A third.



◆ WINNING DOUBLE: The Parrett & Axe B team of Jake Smith, Amelie Bailey, Kiana Earlam and Ashton Coleman, Mrs Jayne Harris, and their A team colleagues; Roisin Murphy, Katie Evans, Guy Scarborough and Seth Hall-Nunn.

Lyme Regis gigs raising their game for 2016

LYME Regis Gig Club took part in their first race of 2016 at Saltash, recently.

The Caradon Gig Club hosted their annual 'Three Rivers' endurance race - a six-mile, figure of eight course starting at the iconic Tamar Bridge.

From here the race headed up river in less than favourable conditions to the tributary of the river Tavy, where the course then turns down river, continuing under the bridge to the tributary of the river Lynher.

Rower then head back up to the finish line under the Tamar Bridge in perhaps, the most challenging part of the course.

This is a competition which draws the West country's finest crews including the reigning World Champions Falmouth and is generally seen as a precursor to the racing season ahead. Lyme's Ladies and Men's

crews both showed they are more than capable of producing some fine results as all crews averaged an improvement of around three to four minutes on their respective times from last year.

Out of some 80 crews the Ladies A finished 30th overall with their B team coming in 51st. The Bs are a team of four ladies who had never competed in this race, and for one this was her first ever race.

The Men's crews also performed very well. The A crew finished 9th overall, and 7th in category, with the B crew crossing the line in 27th overall and 3rd in their category.

LRGC would like to thank the crew and staff at the Caradon Club for such a well organised event and to the Lyme Club's main sponsors, Otter Breweries for their continued support.



◆ A GOOD START: The Lyme Regis Ladies B team with Cox Toby Newson

Lyme Skittles

Wobblers toppled!

Results

(w/e March 19th)

Ladies; Hot Gossips 314 Wild Pins 332 (+BL), La Crème 266 (+BL) Generations 261, Smashers 314 (+BL) Rollercoasters 279, Just Us 284 (+BL) Wootton Wobblers 280

Men's; Roadrunners bt British Legion (+BL), Shakers 287 (+BL) Flyers

303, Tornados 328 No Hoppers 358 (+BL), Marksmen 330 Wreckers

324 (+BL), Rousdon Rebels 363 (+BL) Young Guns 334, Anthill Mob

305 Clueless 307 (+BL), President's Men (+BL) bt Miscellaneous (game given), Trappers 358

(+BL) Alleytwits 354. (+BL = Beer Leg winner.

Ladies

Pld	Pts	BL
Wootton Wobblers	13	24 18
Smashers	13	15 18
Just Us	13	15 8
Wild Pins	12	14 14
Generations	13	10 14
Hot Gossips	13	9 14
La Crème	12	8 8
Rollercoasters	13	7 8

Mens Div One

Pld	Pts	BL
Marksmen	13	20 8
No Hoppers	10	18 10
Rousdon Rebels	13	16 12
Anthill Mob	14	12 18
Young Guns	13	12 16
Clueless	13	12 11
Wreckers	12	10 17
Tornados	14	8 13
Skippy's Six	12	6 9

Mens Div Two

Pld	Pts	BL
Flyers	13	24 18
Trappers	13	19 17
Roadrunners	13	17 17
Alleytwits	13	14 17
President's Men	13	10 13
British Legion	13	8 10
Miscellaneous	13	8 4
Shakers	13	4 8

Lyme Cribbage

Results - March 14th:

Gerrard Arms 2 New Inn Kilm B 3, New Inn Kilm A 3 Old Inn Kilm 2, Ship Inn LR 2 Royal Oak 3, Ax Inn 1 Nags Head 4, Stepps 2 Talbot Arms 3, Lambs Swans 2 Ax Con Club 3.

Beer League: Gerrard Arms 2 New Inn Kilm B 1, New Inn Kilm A 3 Old Inn Kilm 0, Ship Inn LR 1 Royal Oak 2, Ax Inn 2 Nags Head 1, Stepps 1 Talbot Arms 2, Lambs Swans 2 Ax Con Club 1.

Final table

Pld	Pts
Gerrard Arms	24 69
Lamb Swans	24 69
Axminster Con Club	24 68
Stepps	24 65
Nags Head	24 64
Beer Club	24 63
New Inn Kilm A	24 62
Ship Inn LR	24 59
Royal Oak	24 57
Old Inn Kilm	24 56
Axminster Inn	24 51
Talbot Arms	24 50
New Inn Kilm B	24 47

Beer League

Pld	Pts
Axminster Con Club	24 47
New Inn Kilm A	24 41
Royal Oak	24 41
Gerrard Arms	24 40
Talbot Arms	24 39
New Inn Kilm B	24 36
Lamb Swans	24 35
Axminster Inn	24 34
Stepps	24 33
Ship Inn LR	24 31
Beer Club	24 31
Old Inn Kilm	24 30
Nags Head	24 30

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INSIDE: Thrilling climax to youth cricket league Sills strike edges Terras closer to top six slot

Slough Town 0 Weymouth 0
Evo-Stik South Prem – att; 320

WEYMOUTH will maybe feel disappointed with only a point following their trip to Holloways Park on Saturday, but in a game of few chances, a point apiece was probably a fair result.

The Terras beat Slough 6-1 at the Bob Lucas in December, but the Rebels with Tom Williams making his debut in the centre of the defence they were a much tougher nut to crack this time.

The hosts had the first strike at goal when Scott Harris put brother Warren in on goal with a deft flick, but the latter struck the side netting with his shot.

Chris Shepherd, back in the side, showed his marker a clean pair of heels before driving forward, and forcing keeper Mark Scott into a full length save to divert his 25-yard shot. Soon after Jhai Dhillon raced into the box and fired his shot just wide of the far post.

Terras skipper Stewart Yetton then

by Stuart Broom
stuart@pemediia.co.uk

couldn't keep his shot down as he stretched to reach the ball, and was then just wide with a shot on the turn.

With both sides cancelling each other out, chances were at a premium and in general were limited to long range efforts that both keepers dealt with comfortably.

Slough had two late chances to take all three points when first substitutes Gurkan Gokmen and Lee Barney combined; the former lofting the ball over the Weymouth defence, but Barney snatched at the opportunity and volleyed the ball out of the ground.

Gokmen then almost claimed the points two minutes from time with a sublime rising shot from outside the box, but keeper Jason Matthews was equal to it, producing an equally stunning save by

tippling his shot over the crossbar.

When the resulting corner was cleared, Ben Thomson played the ball square for substitute Cameron Brown but he was stopped in his tracks by a blocked tackle which saw the two sides share the spoils.

Hungerford Town 0 Weymouth 1
Evo-Stik South Prem – att; 208

ASSISTANT manager Tim Sills came off the bench to score what could be a vital winner in the chase for the play-off places on Monday night at Bulpit Lane.

The 36-year-old Sills, a former England C international, replaced the in-form Ben Thompson who was forced off with a recurring hamstring problem.

Terras manager Jason Matthews will also be pleased to see his troops record a second clean sheet in three days

The result still sees Weymouth in seventh position in the Evo-Stik Southern Premier League, but now just three points away from a play-off place.

Rumble at the Riviera

WRESTLING fans are getting ready for a spectacular Rumble at the Riviera Hotel.

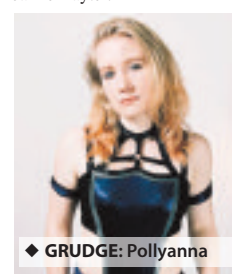
World championship fighting comes to the Weymouth venue next week with UPW Heavyweight, Marty Scurll looks to defend his title on Saturday night (March 28th).

But standing in his way is number one contender and crowd pleaser, Lion Kid.

UPW promoter, Mark Fry, said: "Anyone who thinks wrestling is all for show should come and watch this one. These two are huge enemies and this fight promises to be a bit special."

Another eagerly awaited duel

will be the one between top female wrestler, Pollyanna, and Jamie Hayter.



◆ GRUDGE: Pollyanna

When the two were due to meet at the Riviera in November

they started fighting in the dressing room area with Pollyanna suffering an injury that kept her out of the ring.

"The line-ups for the Riviera just keep getting better and again we are expecting a sell-out crowd. My advice would be to get there early and prepare for a great night's entertainment."

Doors open at 7pm on the night with the first bout getting underway at 7.30pm.

Tickets, priced at £10 adults and £5 children, are available at www.skiddle.com or from Gifts and Goodies in St Alban Street, Weymouth. They are also on sale at the Riviera Hotel in advance or on the evening.

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